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VOLUME 15, NUMBER 75

WEDNESDAY, OCTOBER 14, 1998

FIFTY CENTS

Steelworker, 55, dies in plant accident

Death is 2nd at Granite City Steel this year

By Scott Kelly
Staff writer

A steelworker died Saturday after suffering a third-degree burn in an accident Friday at Granite City Steel.

City Steel
Joseph Morelock, 55, of Granite

City died at 5:10 a.m. Saturday, becoming the second man in 1998 to

die from an accident at the plant. A formal investigation was to be

conducted Monday afternoon, said company representative Bob Maxwell. He said plant officials do not know exactly what happened. All findings are considered preliminary until the Occupational

See WORKER, Page 5A

Leaf-burning proves hot issue in region

By Nicole Vaughn
Staff writer

Autumn leaves are falling. And falling. And falling. What do you do with them? The answer depends on where you live. A handful of area communities — including Collinsville — have banned leaf-burning. Most other communities have at least some restrictions on the practice. "It's still going on in the majority of communities," said Karen Lanter of the American Lung Association of Illinois. But Lanter is working to change that. She recently added Breese to a list of local

"It's basically a re-education process, letting people know there are other options."

Karen Lanter
From the ALA of Illinois

communities with a burning ban in place. Also on that list are East St. Louis, Edwardsville, Granite City, Madison, Scott Air Force Base and Valmeyer.

See LEAF, Page 5A

IP preparing for switch to free electricity market

By Becky Garrison
Staff writer

Customer choice in the Illinois electric industry is one year away, and Illinois Power is gearing up for the competition. The Illinois electric market opens to competition Oct. 1, 1999, when many large industries and businesses will have the option to choose their electric supplier. Shirley Swarthout, a public relations spokesperson for Illinois Power, said the deregulation process for utilities will be phased in over a couple of years. "The October 1999 date is for large

industries and businesses. Small businesses will be able to change in the year 2000, and by 2002, all customers will be able to choose an alternate company," Swarthout said. Illinois Power lowered its rates under a 15-percent rate reduction Aug. 1, as part of the state's electric deregulation law. Illinois Power records indicate that customers' savings in the first two months totaled \$12.5 million. "With these competitive electric prices, Illinois Power is well-positioned to be the energy supplier of choice in Illinois," said Robert Reynolds, vice president of customer solutions for IP.

See COMPANY, Page 5A



Tim Stephenson photo
Construction crews are reconstructing the confused intersection at Fehling Road and State Street at the northern edge of Wilson Park in Granite City.

Crews turning intersection into less confusing, more pleasing area

By Scott Kelly
Staff writer

Construction crews are busy modifying a confusing intersection near Wilson Park. Repairs are underway on the bumpy Benton Street and Fehling Road area on the northern side of the park. Patching and reconstruction of the intersection at Fehling Road and State Street and the rear parking lot for Granite City High School are the main goals right now.

City Engineer Joe Juneau said crews were modifying the islands to improve the intersection. The three islands will remain, but the turning radius and rounding of the islands will become easier. All the parking lot barriers on State Street will be removed. Crews have attempted to replant flowers and foliage on the three islands over the years, Juneau said, but the pavement underneath the median — with dirt thrown on top — prohibits

See CREWS, Page 5A

Moss: changes needed; Von Nida: progress made

By Nicole Vaughn
Staff writer

Republican challenger Nancy Moss said that major changes need to be made to the Madison County Clerk's office, but incumbent Democrat Mark Von Nida stands by the progress he's made in his 17 months on the job.

Von Nida said that the progress includes the "purging" of the county's voter rolls and the issuance of new cards to some 160,000 voters who are registered, four training sessions for judges in two elections and digitally added voters' signatures to the sheet they sign at checking, speeding the comparison judges

must make.

At a press conference Friday in Edwardsville, Moss, of Collinsville, outlined her goals for the office that include "restoring accuracy of voter records, improving procedures and providing better training for election judges." It is her first run for political office.

Moss, 51, said she would also expand the county's web site to include more items about the County Board.

"I want to swing wide the door of information in this county government," Moss said.

Von Nida said the site already contains schedules and agendas about the board and its committees. He said he is working to expand the county clerk's portion of

the county web site but to do it properly, a \$10,000 access line needs to be installed.

"It takes time and money," he said. Von Nida, 41, of Edwardsville, said he has tried to accomplish as many things as possible since being appointed clerk in May 1997. He had served as an administrative assistant to State's Attorney William Haine for eight years before filling the spot left by the death of incumbent Debbie Saltich.

Moss sold her interest in a small business last year. She was part of the management team that founded the Shop 'n Save grocery chain in 1978. She served as its vice president of human resources, corporate secretary and as a member of

See CANDIDATES, Page 5A



Moss



Von Nida

5 FULLER'S FORECAST
For Updated Forecasts Call 426-5555

John Fuller, Meteorologist, KSDK-News Channel 5

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Granite City Journal

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Briefly

St. Elizabeth helping Red Cross
St. Elizabeth Medical Center in Granite City is helping the American Red Cross in its mission to make sure that blood products are available whenever and wherever they are needed by sponsoring a blood drive.

You can help the Red Cross by donating blood from 11 a.m. to 4 p.m. Thursday at Pascal Hall, St. Elizabeth Medical Center, 2100 Madison Ave. in Granite City.

Giving blood is safe and simple. To become a donor, you must weigh 110 pounds or more and be 17 years old. In Illinois, 16-year-olds may give blood with a signed Red Cross permission form.

For more information about the St. Elizabeth Red

Cross Blood Drive or other drives in your area, call the American Red Cross toll-free at (800) 705-2406.

Roller skating program starting
The Granite City Park District's roller skating program will begin from 4-6 p.m. today at Tri-City Skateway, 1823 Cleveland Blvd.

Sessions are held each Wednesday for children in kindergarten through sixth grade. Participants must be Granite City Park District residents. Admission is free for those with skates; those without skates will be charged \$1 for rental. Proof of residency, or possession of a Park District ID card, will be required.

For more information, call

the Park District office at 877-3059.

Church holding its Autumnfest
Nameoki United Methodist Church will hold its annual Autumnfest from 9 a.m. to 2:30 p.m. Oct. 24 at the church, 1800 Pontoon Road.

Booths will be available and offer crafts, attic treasures, plants and a country store and sweet shop. A Kid's Corner will also be available.

Lunch will be served from 11 a.m. to 2 p.m., with homemade soup, salads, dessert and beverages. Tickets for lunch are available for \$4 for adults and \$1.50 for children ages 4-12.

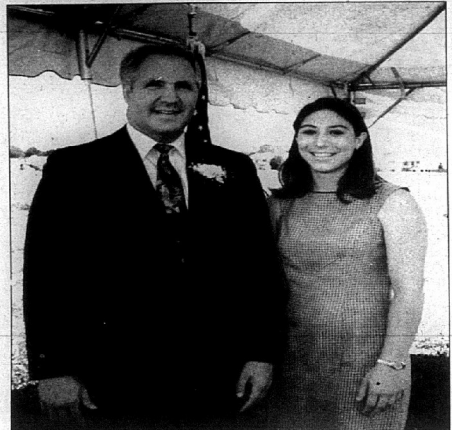
For more information, call the church at 877-1936.

District throwing free party

The Granite City Park District will sponsor a free Halloween party from 6:30 to 7:30 p.m. Oct. 30 at Brown Recreation Center, Franklin and Amos avenues.

The party is for children in kindergarten through third grade. All children must be in costume. Prizes will be awarded for best costumes in each grade group. A parade of costumes will be held, and there will be performances by local magician Bill Apperson and storyteller Bill Monical. All children will receive a treat.

All attendees must register in person or by telephone at the Wilson Park office. The number is 877-3059.



Exchange meeting

U.S. Rep. John Shimkus (R-Collinsville) greets Ruth Anne Mitkos, who is participating in the Congress-Bundestag Youth Exchange Program this year. She has been living in Hamburg and is a senior at a German high school. Her parents are the Rev. Dr. Leslie and Yvonne Mitkos of Staunton; her grandparents are Leslie and Gloria Mitkos of Granite City and Virginia DuSablon of Jackson, Mo.



They didn't blow their chance

Students at Niedringhaus School in Granite City recently participated in Bubble Day festivities. Principal Ellen Voyles challenged students to attend school every day in September. The 209 students who met the challenge were presented individual bottles of bubbles to blow at friends and teachers. Pictured are teachers Jane Jackstadt and Dan James blowing bubbles with fifth-grade students.

UFO meeting slated here

MUFON St. Louis will sponsor a UFO Conference for the Midwest Region, Missouri state director Bruce Widaman announced.

Widaman said Missouri MUFON has lined up many important speakers who are speaking for the first time on some of the most recent UFO cases.

Some of the areas covered will include sightings at U.S. Military bases overseas and the continuing cover-up of the Roswell Incident.

The meeting will be held Saturday at the Comfort Inn Westport at I-270 and Page Boulevard. Doors open at 8 a.m. and the conference will be divided into morning, afternoon and evening sessions.

Admission at the door per session is \$25, but the entire day's admission can be purchased for a discounted \$65.

For more information, call Bruce Widaman at 1-800-489-4UFO.

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Partnership will benefit travelers

Trans World Airlines Aviators members will soon be able to earn 50 miles a day for qualifying rentals as they participate in National Car Rental locations in the U.S. and National Tilden locations in Canada.

The partnership is effective Jan. 1, 1999. To celebrate, TWA Aviators members will earn triple bonus miles with all National rentals from Jan. 1 through Feb. 28.

"In just six months, Aviators has become the most talked-about program in the industry," said Don Casey, executive vice president for marketing.

"Our frequent travelers, our employees and our partners have reacted enthusiastically to the freshest idea in frequent travel programs in a decade."

"We are proud to have TWA onboard with us as a travel partner," said Robert Dimmick, National Car Rental's corporate vice president of marketing and advertising.

"TWA Aviators members will not only earn frequent flyer miles when they rent with us, they will receive the best service in the car rental industry—National's brand of world-class customer service."

The new partnership is one of many Aviators members enjoy. Members already can earn miles when they use Sprint as their long-distance telephone company, when they buy or sell a home through the Better Homes and Gardens Real Estate Service, when they use an American Express card, TWA Gold Mastercard or TWA Visa Gold Card, or when they do business with any of our other partnership companies.

National Car Rental has 3,000 locations in 75 countries with a fleet of 155,000 General Motors vehicles in the U.S. and Canada.

More than 99 percent of the U.S. fleet is equipped with anti-lock brakes and power locks. Nearly 94 percent of National's cars have dual airbags, and more than 84 percent now feature daytime running lights and power windows.

TWA flies approximately two million passengers per month on more than 800 daily flights to 90 destinations in America, the Caribbean, Europe and the Middle East.

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If you love fine jewelry as much as we do, then you owe it to yourself to visit Keck Jewelers at 10450 Lincoln Trail in Fairview Heights. (They're one mile west of St. Clair Square on Highway 50.)

Are we ever glad we found Dennis Keck. It's so hard to know who to trust these days. Dennis and his hardworking, knowledgeable staff have become "our friends in the jewelry business." Not that we're "special" — we've heard that all people who shop at Keck Jewelers get the same great treatment.

Look, there are lots of places you can go to buy a gemstone or fine jewelry piece — or to get something repaired. Everybody tells you they're the greatest, the cheapest, or whatever... Well, we've found that the best selection and the best jewelry values can be found at Keck Jewelers. Whether you need to buy a 2-carat engagement ring, or just get a watch battery replaced, you'll be delighted by Keck's great prices and terrific service.

Oh, by the way, we're not getting paid or anything for writing this. When we find something great, we just want to share it with our friends and neighbors. So please do yourself a big favor and visit Keck Jewelers or call them at 398-5101.

Thank You,
Wm. & Dana Nehmann
Dr. Richard & Dana Nehmann
Belleville, Illinois

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Inc. 18" Leaf
Med. Oak
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FULL Reg. \$325 **NOW \$244**
QUEEN Reg. \$345 **NOW \$259**

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Another trial set for baby's killer

By Dennis Grubbaugh
Staff writer

Five years after a Wood River toddler's murder outraged the public, legal cases involving his killer continue, including a planned trial for a second

baby's killing in Greene County.

Last month, a Madison County judge ordered Keith E. Bennett to pay \$10 million to the family of Michael Cecil, a 2-year-old who died after a beating by Bennett in 1993.

The lawyer who brought the wrongful death civil case doubts any money will ever be collected from Bennett, 24. Bennett is serving a life sentence without parole at the Menard Correctional Center in Chester.

Darr, who represented Cecil's grandmother, Gwendolyn Jones, in the lawsuit, said the Madison County judgment has been included in the record of another lawsuit that Jones has pending against the Illinois Department of Children and Family Services in the Illinois Court of Claims in Springfield.

In that case, the state children's department's caseworkers are accused of failing to act on complaints that Cecil was being abused for up to four months before his death Aug. 15, 1993. Two workers were fired by the state children's department after a long internal investigation.

A negligence suit filed by Darr against three department employees was dismissed by the appellate court in 1997.

Darr said the Court of Claims has a

"As a practical matter, we probably won't be able to. But we wanted to drive a point home."

Lanny Darr II
Lawyer

\$100,000 cap per claim, and he is seeking the maximum for both Stanley Cecil and December Bennett, the father and sister of Michael Cecil.

Darr said he is hoping to show that he has exhausted his remedies for collecting money from other parties through the judgment against Keith Bennett, which was handed down Sept. 28 by Circuit Court Judge Nicholas Byron.

Bennett never responded to the civil suit, and never appeared for the trial, which was disposed of within hours in Byron's Edwardsville courtroom. The circumstances of Michael Cecil's death in a Wood River apartment stunned the area in 1993. The child had been beaten in the abdomen by his mother, Kathy Cecil, and her boyfriend, Bennett. Authorities said the couple allowed the child to suffer through two days of vomiting before he died, then called 911 for help after his death.

Kathy Cecil pleaded guilty in July 1996 to first-degree murder and was sentenced to 30 years in prison.

Keith Bennett's legal troubles are far from over. Greene County officials are planning to try him for a second baby's

killing in Roodhouse in 1991.

During a confession to Michael Cecil's killing, Bennett admitted he also had killed 3-month-old Bryan Whewell while living with the boy's mother and her parents, authorities said.

According to Bennett's statement, he was awakened by the baby's crying, then hit him on the left side of the head, causing the right side to strike his crib.

The baby died the next day — Aug. 24, 1991 — at Cardinal Glennon Children's Hospital in St. Louis.

Although authorities investigated, no charges were brought at the time because it could not be proved what had happened.

"There was nothing you could hang anybody on until Bennett gave his confession," Greene County State's Attorney Elliott Turpin said.

Although Bennett does not stand to gain anymore time in prison if found guilty in the Whewell murder, Turpin said he owes it to the family to prosecute the case.

"You've got a defenseless 3-month-old child beaten to death, essentially," he said. "You cannot let something like that go."

Bennett is about to have his second psychological examination in the Greene County murder to determine his fitness to stand trial, Turpin said.

The first exam produced a finding that he was "marginally fit" to stand trial, Turpin said.

Turpin said he has a defense attorney (Tom Piper of White Hall), the judge (James Day) and I were all uncomfortable with that, so I filed a motion for a second examination."



Tim Stephenson photo

First sale for Scouts

As area Girl Scouts began their annual cookie sale this weekend, girls from Troop 604, Wilson School, stopped by Granite City Mayor Ron Selph's office to promote the sale. Pictured with Selph are Rachel Shafer (left) and Amy Meredith, both 9.

Selph, City Council support effort, declare October United Way Month

By Scott Kelly
Staff writer

Mayor Ron Selph has declared October the Tri-Cities Area United Way Month for Granite City.

At Tuesday's regular City Council meeting, Selph said

the locally-based United Way organization provides funding and expertise for many health and human services organizations in the area.

Selph and the City Council "wholeheartedly" support the United Way's fall campaign, which is currently under way. They are encouraging businesses and residents to support the drive.

The full campaign's goal is to raise at least \$1.3 million by the end of October, an increase of \$95,000 over last year's goal. During the summer, the

Tri-Cities Area United Way released its Planning Tool Kit for Health and Human Service Delivery for Granite City, Mitchell, Pontoon Beach, Venice and Madison.

The study, which is being used as a first step in meeting the needs of residents, identified the five problem areas considered the most serious. They are at-risk children; the need for positive youth activities; substance abuse; child abuse; and family violence.

For more information on the fall campaign, call the Tri-Cities Area United Way offices at 877-6780.

Dalan garners grant

Rinita A. Dalan, an adjunct professor in the Department of Geography and a researcher in the Office of Contract Archaeology at Southern Illinois University at Edwardsville, has received a \$14,500 grant from the National Center of Preservation Technology and Training to develop a "magnetic susceptibility logger."

The logger will provide a non-destructive means of exploring archaeological sites. It will be used as a research tool and teaching aid.

Croup organizing AIDS quilt

By Bethany Behrhorst
Staff writer

More than a decade after the AIDS epidemic reared its head in the United States, some local

Madison County residents are still educating people throughout the community about the illness.

October is recognized as National AIDS Awareness Month, but members of AIDS Interfaith Response never rest during the other 11 months of the year. Bobbie Vandalia and the Rev. George Humbert have been event organizers for the group, faithful members and friends to AIDS patients for more than a decade. Later this month, their efforts will shine during a fund-raiser at College Avenue Presbyterian Church in Alton.

Vandalia and Humbert have been a surrogate family for many people with AIDS throughout Madison County. In the early days when families turned their backs on a loved one with the disease, the duo was there to ease the pain and heal broken hearts.

The two were instrumental in operating the first AIDS support group in the area, which was a place for individuals who needed to express their anger, fears and concerns after learning they had the disease.

"We just lost our last original support group member last week," Humbert said. For many years, those attending group meetings met in secret, afraid of being harassed by those throughout the community. Humbert said

"People still don't practice appropriate behaviors. They think they're invincible."

The Rev. George Humbert

it was at that time, those who were not educated about the disease thought they could get it by shaking someone's hand or sharing a glass with an infected person.

"In the beginning, people looked at it as a death sentence," Humbert said. AIDS is still sweeping the nation, but people are improving their quality of life and living longer thanks to medical advances and lifestyle changes. People throughout the community are becoming more educated about the disease, ways to prevent it and ways to live more productive lives with it.

Humbert AIR was established at a time when there were less than 1 million people in the world with the virus that causes AIDS or full-blown AIDS. He said statistics show that more than 40 million people will be afflicted with the illness by the year 2000.

Seeing the National AIDS Quilt inspired Vandalia to undertake a project of her own. She and other volunteers, through the organization, began making a Madison County quilt. The patches on the Madison County quilt are the same size as grave headstones. The patches that are part of the national quilt are as large as burial plots.

"We have a second quilt that's complete and a third quilt that's half done," she said.

There are 50 patches representing 50 people who have died from AIDS in Madison County on each quilt.

When the organization was established in 1988, there were representatives from most church groups in the area. Community support has somewhat fallen over the past decade. Vandalia and the Rev. George Humbert of College Avenue Presbyterian Church said they hope to encourage people throughout the county to get involved in volunteering and fund-raising events.

"We can always use more people," Vandalia said.

Humbert published a book of poetry, which will be sold at an event at 7 p.m. Oct. 29 at the College Avenue Presbyterian Church. Tickets for "Pie and Poetry with the Parson" will be on sale at Vandalia's hair salon, Golden Shears in Alton and at the church for \$8. Humbert's book, "Creative Flow," will be on sale for \$21. The book of poetry contains poems inspired by life experiences. Some of the words were written after conversations with people living with AIDS.

Some of his poems are "Sunrise," "Soap," "Rainstorm," "Highway Madness," "Migraine" and "Friend and Cosmic Flower." Proceeds from the event will be used to help individuals living with AIDS in the area. Individuals always are needed through the Madison County AIDS Program in Granite City and AIR to provide a support system for people living with AIDS.

Those interested in lending a hand can call 422-7215, 423-0961 or the Granite City program at 877-5110.

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Despite tough year, JK keeps giving

Athlete promises to be at new youth center as much as possible

By Jason White
Staff writer

At a time of crisis, one of East St. Louis' most famous daughters came home to create opportunities for youth in her hometown.

Jackie Joyner-Kersey, along with about 300 civic leaders, corporate sponsors, athletes and others broke ground recently for the Jackie Joyner-Kersey Youth Center on 37 acres just west of Jones/Hall Park.

Joyner-Kersey recently lost her sister-in-law, Florence Griffith-Joyner, to a heart attack.

"It's very tough for me to be up here and, in the process of celebrating, know that FloJo is supposed to be here," Joyner-Kersey said.

Joyner-Kersey also saw her alma mater, East St. Louis Lincoln High School, closed as a high school earlier this year.

But Joyner-Kersey and others building the center are now looking to the future. Construction will start in about a week, and the first phase is expected to be complete by August.

The first phase includes a game room, basketball courts, wellness and fitness centers, a dance studio, an arts-and-crafts room, a media center, locker rooms, a library, a computer resource center, a science lab and administrative offices.

Later phases include an indoor swimming pool and track, a performing arts facility and other additions.

Joyner-Kersey, who lives in St. Louis County, said she will be at the center as often

as possible. "I wouldn't feel good about myself putting my name to something and not being a part of it," she said.

Joyner-Kersey and the foundation building the center hope it can contribute to the rebirth of the East St. Louis area by turning out future leaders.

"I want this building to be a symbol of hope, to let people know there are great people in our community, and great people can do great things," Joyner-Kersey said.

East St. Louis Mayor Gordon Bush praised Joyner-Kersey for not forgetting where she came from.

"We thank Jackie for doing what she knew was in her heart and reaching back to help someone," Bush said. "This is a clarion call for everyone who succeeded in East St. Louis to come back and do something to help these children."

Nino Fennoy, Joyner-Kersey's track coach at Lincoln, recalled reading in her autobiography, *A Kind of Grace*, about how she went to the top of the Gateway Arch as a sixth-grader and was inspired by the view of "pathways to the world."

"We have to continue to build in East St. Louis," Fennoy said. "Young people must be able to look, to see, to dream as Jackie did."

Tanisha Bass, 8, summed up what she thinks she and her friends will do at the new center.

"You can do work, you can play games," she said.

Obituaries

Mary Fincher

MARY (KOSTECKI) FINCHER, 82, of Glen Carbon died Friday, Oct. 9, 1998, at Rosewood Care Center in Edwardsville.

Mrs. Fincher was born May 27, 1916, in Madison. She was a member of the Glen Carbon North United Methodist Church.

Survivors include her daughter, Mary Ann Williams of Edwardsville; one son, John Fincher of East Alton; four grandchildren and four great-grandchildren.

She was preceded in death by her husband, John "Mick" Fincher; parents, Stephen and Esther (Dunyah) Kosteki; and one sister, Julie Gerbo.

Visitation will be from 4-8 p.m. today, Sunday, Oct. 11, at Irwin-Scott Chapel, 591 Glen Crossing Road, Edwardsville.

Services will be held at 10 a.m. Monday, Oct. 12, at Irwin-Scott Chapel in Edwardsville, with the Rev. Mike Smith officiating. Burial will be in Sunset Hill Memorial Estates in Glen Carbon.

Memorials may be made to the Glen Carbon North United Methodist Church.

Elizabeth Forster

ELIZABETH G. (SANDERS) FORSTER, 74, of Granite City, died Sunday, Oct. 11, 1998, at her residence.

Mrs. Forster was born May 13, 1927, in Moscow Mills, Mo. She was a volunteer for Prather Elementary School PTA.

Survivors include her mother, Ruby (Allen) Sanders of St. Charles, Mo.; five daughters, Betty King and Debbie Passig, both of Granite City; Connie Knispel of Minnesota; Shiraz Sanders of California; a sister, Dorothy Wilmer of St. Louis; two brothers, Ralph Sanders of St. Charles, Mo., and Ronnie Sanders of Kirkwood, Mo.; 17 grandchildren; and four great-grandchildren.

She was preceded in death by her husband, John Forster; her father, Alfred Sanders; and two sons, Don Wilson and Robert Horn.

Visitation will be from 5-8 p.m. today, Wednesday, Oct. 14, at Irwin Chapel, 3960 Maryland Road, in Granite City. Funeral services will be 10 a.m. Thursday, Oct. 15, at Irwin Chapel in Granite City, with the Rev. Dan Myers officiating. Graveside services and burial will be at 10 a.m. Friday, Oct. 16, at Hawk Point Cemetery in Hawk Point, Mo.

Sister Lucina Goedecker

SISTER LUCINA GOEDECKER, CDP, of Granite City, died Saturday, Oct. 10, 1998, at her residence.

Sr. Goedecker was born in March 1906 in Rochester, Pa. She was a member of the Sisters of Divine Providence, an educator at St. Elizabeth Medical Center, an administrator at St. Elizabeth Medical Center, and a Provincial, General Council

Member, Variety of Service at Mount Providence.



George Godeker and three sisters, Agnes Watson, Kathryn White and Margaret McCusker.

Services were Tuesday, Oct. 13, at St. Bartholomew Catholic Church in Hazelwood, Mo. Burial was in Mount Providence Cemetery in St. Louis.

Memorials may be made to the Sisters of Divine Providence.

Frances Kern

FRANCES L. KERN, 67, of Madison died Monday, Sept. 14, 1998, at Barnes Jewish Hospital in St. Louis.

Mrs. Kern was born Sept. 23, 1930, in Wentzville, Mo. She was a librarian at the Madison Library and was a member of St. Mary's Catholic Church.

Survivors include her husband, Ralph Kern of Madison; two sons, Austin Lewis Jr. of Temecula, Calif., and Alan Lewis of Madison; one brother, Roger Puetz of Alton; two sisters, Virginia Perkins of Alton, and Gloria Smoeth of Chula Vista, Calif.; and eight grandchildren.

She was preceded in death by her first husband, Austin Lewis Sr.; parents, Rudolph and Magdalene (Melton) Puetz; and one son, Stephen Lewis.

Services were Friday, Sept. 18, at St. Mary's Catholic Church in Madison, with the Rev. Jim Kaefer officiating. Burial was in Sunset Hill Memorial Estates in Glen Carbon.

Memorials may be made to the American Cancer Society, Daring Association or St. Mary's Catholic Church.

Joseph Morelock Jr.

JOSEPH W. MORELOCK JR., 55, of Granite City, died Saturday, Oct. 10, 1998, at St. John's Mercy Hospital in St. Louis.

Mr. Morelock was born Jan. 15, 1943, in Little Rock, Ark. He was employed at D. Blast Furnace at Granite City Steel as a keeper and a member of Cedar View Baptist

Church and the United Steelworkers of America union.

Survivors include his wife, Belinda (Wilson) Morelock; three sons, Robert Niemeyer of Granite City, David Niemeyer of Tennessee and Joseph Morelock III of St. Louis; two daughters, Tracey Hamilton of Granite City and Jacque Morelock of Wood River; his mother, Louise (Johnson) Morelock of Granite City; one brother, James Morelock of Little Rock, Ark.; and six grandchildren.

He was preceded in death by his father, Joseph Morelock Sr., and one son, Charles Niemeyer.

Services will be at 11 a.m. today, Wednesday, Oct. 14, at Werner Chapel in Granite City, with the Rev. Dr. Don Zankus officiating. Burial will be in St. John's Cemetery in Maryville.

Arthur Probert

ARTHUR H. PROBERT, of Granite City, died Saturday, Oct. 10, 1998, at Conell Jortville.

Mr. Probert was born Nov. 5, 1921, in Egerville, Mo. He was a retired pipe fitter from A.O. Smith, a chief of the Granite City Auxiliary, a member of the Granite City Police, a member of the Past Commander of American Legion and a member of American Merchant Marine. Mr. Probert was a World War II U.S. Navy veteran and was awarded the Russian Medal of Honor for his duties on the Munsank Run during World War II.

Survivors include his wife, Stella (Zilinsky) Probert; two daughters, Carol Patterson and Sandra Jacobs, both of Granite City; a brother, Thomas Probert of Las Vegas; four grandchildren, Ant Wansil of Graylake, James Patterson of Maryland, and one sister, Patricia Probert of Granite City.

He was preceded in death by his parents, Tom and Bertha (VanCot) Probert; and his brothers, Richard Probert and William Probert; and one sister, Margaret Probert.

Services will be 10 a.m. today, Wednesday, Oct. 14, at Niedringhaus United Methodist Church, 20th and Delmar streets, Granite City, with the Rev. Brian Caughlin officiating.

Memorials may be made to the family.

The Press-Record/Journal will publish obituaries up to two weeks following the funeral services.

Although most obituaries are received from local funeral homes, obituary notices can be sent to the newspaper at: Granite City Press-Record/Journal, 1815 Delmar, Granite City, Ill., 62040.

and the Rev. Bill Leckrone officiating. Burial will be in Sunset Hill Memorial Estates, Glen Carbon.

In lieu of flowers, memorials may be made to Niedringhaus United Methodist Church.

Thomas Memorial Mortuary handled the arrangements.

Edmund Robinson

EDMUND P. ROBINSON, 32, of Granite City, died Tuesday, Oct. 6, 1998, at his residence.

Mr. Robinson was born Dec. 27, 1965, in Belleville, Ill. He was U.S. Navy Desert Storm veteran. Mr. Robinson attended St. Elizabeth Catholic Church and served as junior vice commander of the American Legion Post 113.

Survivors include his wife, Michelle (Giella) Robinson; parents, Edmund Robinson of Collinsville; mother and step-father, Mary (Bowen) and Everett Hancock of Granite City; two sons, Matthew Robinson of Jacksonville; one step-daughter, Vanessa Breidenbach of Granite City; one step-son, Nicholas Breidenbach of St. Louis; two brothers, Larry Robinson of Granite City and Jerry Robinson of Granite City; half-sister, Stephanie Vilmer of Granite City; half-brother, William Robinson of Collinsville; four step-brothers, Greg Hancock of Granite City and Chris Guth, Jim Guth, and Michael Moore, all of Collinsville; and three step-sisters, JoAnn Zimmer of Westminster, Calif., Pam Robbins of Granite City and Michelle Moore of Jacksonville.

He was preceded in death by step-mother, Virginia Robinson.

Services were Friday, Oct. 9, at Irwin Chapel in Granite City, with the Rev. Tom Liebler officiating. Burial was in Jefferson Barracks National Cemetery.

Memorials may be made to the family.

The Press-Record/Journal will publish obituaries up to two weeks following the funeral services.

Although most obituaries are received from local funeral homes, obituary notices can be sent to the newspaper at: Granite City Press-Record/Journal, 1815 Delmar, Granite City, Ill., 62040.

Memorials may be made to the family.

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Memorials may be made to the family.

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Although most obituaries are received from local funeral homes, obituary notices can be sent to the newspaper at: Granite City Press-Record/Journal, 1815 Delmar, Granite City, Ill., 62040.

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Group selling food packages

PrairieLand Share is accepting food package orders from community groups and churches who assist those in need over the holidays.

PrairieLand Share is an organization that uses food as a tool to promote volunteer service in the community. Groups may purchase as many packages as they want. The cost is \$14. With the reduced cost of food, groups may supplement the packages or assist more people in need.

The regular package includes 4 to 6 pounds of frozen meat, eight to 10 fresh fruits and vegetables, and a dry good such as rice, pasta or noodles. The value of the package if bought at the grocery totals between \$25 and \$28. Holiday packages will be similar in cost and content.

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1994 Nissan Maxima 10 in Stock	\$5545
1993 Nissan NX2000 Coupe	\$8,995.00
1994 Nissan Quest Loaded w/Options	\$12,495.00
1994 Nissan Sentra Xtra Clean	\$8,495.00
1995 Ford Aspire A/C	\$6,995.00
1994 Chevrolet Corsica Automatic	\$9,995.00
1995 Buick Skylark Clean	\$7,995.00
1997 Mazda Miata Conv. Starting @	\$16,995.00
1997 Mazda B4000 4x4	\$17,995.00
1997 Mazda 626 LX Loaded	\$14,995.00
1996 Mazda B4000 Camper Shell 21,xxx	\$16,995.00
1995 Mazda Millenia Low Miles	\$18,995.00
1994 Mazda MX3 Coupe	\$8,495.00
1994 Mazda Protege Starting @	\$4,995.00
1993 Mazda 626 Starting @	\$10,895.00
1995 Mercedes E320	\$27,995.00
1994 BMW 525i	\$19,995.00
1995 Toyota Camry GL	\$16,995.00
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Court panel hears Carnell's appeal

By Sanford J. Schmidt
Staff writer

Backers of Hartford Mayor Ron Carnell are hoping for an early decision from the 5th Appellate Court in Edwardsville on whether Carnell gets on the Nov. 3 ballot after the panel heard arguments Oct. 5.

"The justices told me they are not sure when they will make their decision, but they said they realized there is an urgency to the matter," said William C. Evers III, Carnell's lawyer.

Carnell, a Republican, is seeking a spot on the ballot to face incumbent state Rep. Steve Davis, D-Bethalto, whose district includes portions of the Granite City

area.

He was picked by the party to run, but Madison County Democratic Chairman Mac Warfield filed an appeal with a local election board to have him removed. The election board ruled that the Republican Party erred in selecting the committee that selected Carnell. The members were not elected by the party delegates, the board said.

Carnell then lost in a Circuit Court hearing in which he sought to overturn the election board's decision. Evers then appealed, in part on the basis that the Republicans had followed the spirit, if not the letter, of the law.

Leaf burning proves hot issue in area

Continued from Page 1A

"It's basically a re-education process, letting people know there are other options," Lanter said.

Those also depend on where you live. Granite City, for example, has a municipal drop-off site where homeowners can bring their yard waste. Or, those residents can arrange for yard waste pick-up, which is available in almost every community.

Norm Chadwick, general manager for the St. Louis market of Midland Waste (formerly Laidlaw), said many customers opt for the service.

Among areas the company serves are Collinsville, Edwardsville and Troy.

"Leaves are put in the (recycling) bags or in trash cans with a red 'X' and picked up weekly," Chadwick said.

That service is available for \$21 per quarter and runs from April to December. Those who sign up now can get a pro-rated subscription for the last quarter of the year. For more information, call 656-6883.

Other options don't require outside assistance.

"You can always mulch your leaves or start composting," Lanter said. "A lot of outdoor experts will tell you that you don't want to take all the

leaves off the lawn unless you have to because they are a natural fertilizer."

Lanter said that she encourages residents to contact the University of Illinois Extension at 692-7700 for other tips or options.

Those options were part of a press conference held Tuesday by the Southwestern Illinois Leaf Management Coalition and sponsored by the Lung Association in Collinsville. Tuesday also marked the beginning of the second year of the American Lung Association's research project funded by the St. Clair County Medical Society Alliance that documents the health effects of

leaf burning.

Most communities follow Illinois Environmental Protection Agency requirements, which Lanter said are primarily "common sense rules." The IEPA basically requires that burning be done during daylight hours, away from structures and that someone oversees it.

Area communities that follow those guidelines include: Cahokia, Caseyville, Centerville, Columbia, Dupont, Fairmont City, Fairview Heights, Freeburg, Lebanon, Maryville, Mascoutah, Millstadt, Pontoon Beach, Sauget, Shiloh, Smithton, Swansea, Venice and Waterloo.

Company prepares for electricity free market

Continued from Page 1A

In addition to lowering its rates, IP has also introduced a number of new products and services to provide added value and strengthen its relationship with customers during the transition and deregulation, Reynolds said.

These services include the Annual Energy Report, an energy efficiency financing program for residential and commercial customers, and a new energy efficiency lighting program for commercial customers.

The energy efficiency

finance program, which started in August, will give IP customers a quick and easy way of financing energy efficiency projects in their homes. The program includes, but is not limited to, air conditioning upgrades, doors, windows and insulation, Swarthout said.

Swarthout said financing for these projects is currently through an outside institution, but payments could be combined with monthly utility bills in the near future.

"The savings from your power bill will offset your investment," Swarthout said.

Worker, 55, killed in steel plant accident

Continued from Page 1A

Safety and Health Administration. investigates the incident.

What they do know, Maxwell said, is that Morelock, employed as a keeper on the B blast furnace, was involved with a casting operation Friday evening. As he and co-workers were preparing to cast, Morelock was standing in front of an open hole in the furnace.

"We're not exactly sure what happened. He was hit with a blast or hot air, or

burning gases," Maxwell said.

Morelock was severely burned. He was taken first to St. Elizabeth Medical Center, then transported to St. John's Mercy Medical Center in St. Louis County, where he died.

Maxwell said workers with the plant's employee assistance program were in contact with the family and were offering services and grief support.

He said the company's thoughts and prayers are with the family.

Morelock had worked at the plant since

1969.

Morelock was the second man to die from an accident at the Granite City Division in the past seven months. Samuel J. Burch, 46, died in April after he was caught between the belt and the structure of a shut-down conveyor on which he was working. His was the first death in almost a decade at the plant.

In September, OSHA fined Granite City Steel \$70,000, claiming safety violations resulted in Burch's death.

Maxwell said Monday that plant officials are contesting OSHA's citations.

Candidates for county post make appeal to voters

Continued from Page 1A

the Board of Directors through 1990.

Moss is highly critical of Von Nida's proposal to replace the county's voting machines with an automated system that optically "reads" each ballot and automatically records the votes.

"I'm against the purchase of new equipment at this time," Moss said. "We don't need to be on the cutting edge of that technology. The punch card system can work for us for a while longer."

Moss said the new system would cost \$1 million, something Von Nida vehemently denies.

He said the system would cost "significantly less" and should be able to be purchased primarily through savings

from the change in equipment.

"The punch card system is becoming increasingly expensive to maintain," Von Nida said. "In outdated technology, there are limited sources for the supplies and equipment."

Moss said the clerk's office should be more concerned with recruiting and maintaining voters who she said have been disappearing from the rolls.

"There have been far too many times in recent elections where voters have gone to the polls only to find their names have mysteriously disappeared from the voter lists," Moss said.

Von Nida denied the claim, except in isolated incidents, and said that the purge of the list during the summer — was an attempt to correct those problems.

Von Nida also said he is working with

the county's data processing department to get voter registration tied in with boundaries, information that could be used to generate maps. That will be even more important after the 2000 census, when redistricting will change many current boundaries, he said.

Moss said she wants to make sure that tax dollars aren't being "thrown around," rather than problems in the clerk's office being addressed.

Von Nida said he is fiscally responsible and points to the two budgets he has submitted. He said he has maintained the \$1.3 million amount between the office's administrative and election divisions that he inherited while absorbing salary increases approved in a new union contract.

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Crews making area intersection better

Continued from Page 1A

plants from growing.

Janeau said the Engineering

Department had considered landscaping the islands after the work is completed. The Granite City Park District is unable to assume care for landscaping because of a lack of resources. Janeau said any

landscaping costs would have to be paid by the city.

Landscaping on the three islands would include decorative rocks, perennials and grasses. Another option would be to concrete the island and forget the landscaping.

The City Council approved the \$9,000 landscaping change order Oct. 6.

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Westfield Works Wonders to boost Old Newsboys Day

Ticket sales to event benefit nonprofit organizations

By Kelly O'Brien Hugenot
Staff writer

The Suburban Journals and Westfield Corp. Inc. have a calorie-free way for schools and volunteer organizations to raise money for those snappy new uniforms or a fun-filled field trip.

If an organization has 5013-C nonprofit status, it may sell \$5 tickets to Westfield Works Wonders, an event set for 7 to 10 p.m. Nov. 15 at Crestwood Plaza, Mid Rivers Mall, Northwest Plaza, South County Center and West County Center.

All proceeds from tickets sold by organizations for admission to Westfield Works Wonders go to the respective organizations. Money raised at the event goes to Old Newsboys Day, the Suburban Journals annual fund-raising campaign that benefits more than 250 local children's charities.

"A lot of the stores are taking advantage of the captive audience and giving special discounts," said Sean Phillips, Midwest region group marketing coordinator for Westfield Corp. Inc. "Many stores will be giving \$5 off purchases, to offset the donation."

Besides the special discounts, free gift wrapping, appetizers and beverages will be offered. A cornucopia of entertainment will be available, such as strolling holiday carolers. "A lot of the high school jazz bands and choirs have been invited to perform," Phillips said.

Santa Claus makes his official Westfield malls debut around Nov. 20, but he will stop by early for free photos at Westfield Works Wonders. Door prizes, ranging from gift

"The event started in Connecticut last year and raised over \$150,000 for local charities. The company saw that and decided to take it nationwide. We selected Old Newsboys Day because of its strong ties to children's charities and its excellent reputation in the community."

Sean Phillips

certificates to store merchandise, and five \$500 shopping sprees will be given away.

"The event started in Connecticut last year and raised over \$150,000 for local charities," Phillips said. "The company saw that and decided to take it nationwide. We selected Old Newsboys Day because of its strong ties to children's charities and its excellent reputation in the community."

Old Newsboys Day this year is Nov. 19. The selling of the special-edition newspaper will take place on local street corners from 6 a.m. to 10 a.m., rain or shine.

Tickets for organizations to sell for Westfield Works Wonders can be picked up at Winning Endeavors, 1019 Country Club Road in St. Charles, or by calling Mary or Debbie at 916-0001. Tickets also are on sale at Westfield malls' customer service centers.



Scott Kelly photo

Open and running

The Illinois Democratic Party held a ribbon-cutting ceremony recently for its Madison County election headquarters, 3717-H Nameoki Road in Granite City. Anyone wanting lawn signs or candidate information is welcome to stop by. Guest of honor for the ceremony was Jo Poshard, center, wife of gubernatorial candidate Glenn Poshard. Several Democratic supporters and notables were also present, including the county's Democratic Party Chairman Mac Warfield, front row, third from left, State's Attorney William Haine, back row, behind Warfield, Madison County Board Chairman Rudy Papa, fifth from left, U.S. House District 20 candidate Rick Verticchio, sixth from left, and County Treasurer Fred Bathon.

Church committee hosting breakfast

St. Mary's Catholic Church's Activities Committee is sponsoring a Pancake and Sausage Breakfast from 8 a.m. to 1 p.m. Sunday at Englebert Hall, 10th Street and Washington Avenue in Madison. It is an all-you-can-eat breakfast. Carryouts will be available. The cost is \$4 for adults and \$2 for children ages 6-12.

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Group holds dinner, membership party

Venice-Madison Unit 307, American Legion Auxiliary, held its annual Potluck Dinner and Membership Party Oct. 6 at the home of Ken and Deb Williams. There were 12 members present.

President Joyce Pittenger presided at the business meeting. A report was made on the national convention, held in New Orleans the first week of September.

The following national plaques were received: Venice-Madison Unit 307 for the best all-around field service program; Dorothy Hinson for the most new field service volunteers recruited; and Catherine Moreland for the most field service hours served as a volunteer.

Pauline Mersinger, Auxiliary Emergency Fund chairman, collected \$8 for this fund. It was voted to donate \$50 from this fund into the department. Dorothy Hinson, junior adviser, announced a meeting of juniors will be held at 7 p.m. Oct. 23 at her home.

Membership Chair Norma Hillmer announced 72 members have paid the 1999 dues. The group needs 26 more people to be at 100 percent for the year.

National Security Chair Bette Nugent collected some items for the McDonnell USO. She will deliver it soon.

VA&R Co-Chair Dorothy Hinson announced upcoming Christmas activities at the John Cochran VA facility and announced that members volunteered to assist with these.

Department President Marilyn Lee's special project will be going for cancer research. A donation was made for this fund.

Education scholarship information is now available. A donation was made to this fund into the department.

The Illinois 22nd District meeting will be held Oct. 25. The following will be attending: Dorothy Hinson, Norma Hillmer, Joyce Pittenger, Dolores Weis and Mary Hellingner. Members of a department caravan will present the programs of this year.

The attendance price was won by Bette Nugent.

The next meeting will be at 7 p.m. Nov. 3 at Dorothy Hinson's home.



Dona Shands, left, and Arlene Hickam will be the chili cooks for the Chouteau Township Senior Citizens Annual Chili Supper and Fall Harvest Sale.

Senior group hosting fall sale, chili supper

Dona Shands and Arlene Hickam are prepared to make the chili for the Chouteau Township Senior Citizens Annual Chili Supper and Fall Harvest Sale, scheduled for Oct. 22.

All-you-can-eat chili, which will be available for \$4, will be served from 4 to 8 p.m. at the Chouteau Township Hall, 906 Thorngate Dr., located behind the Midwest Motel. The festivities will also include

homemade baked goods, jams, jellies and home-canned produce.

There will be a craft table, white elephant sale, cake walks and door prizes available.

The climax of the program will take place at approximately 8 p.m. when the winning quilt raffle ticket will be drawn.

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BAC offering orientation program here

Belleville Area College's Granite City Campus is offering ASSET, a math and English assessment and orientation program for new students, several times during the fall semester in Room 530 of GCC, 4950 Maryville Rd.

Part of BAC's admission process, the free ASSET program evaluates a student's current academic skills for advisement and placement purposes. An assessment tool only, the ASSET will not keep a student from attending college. The orientation segment of the program introduces students to BAC program and resources.

Students will need photo identification for admission to ASSET. Students also should bring several sharpened No. 2 pencils.

ASSET will be offered from 5:30 to 9 p.m. on these Mondays: Nov. 2, 9, 16, 23 and 30 and Dec. 7, 14 and 21. It also will be offered from 9 a.m. to 12:30 p.m. on these Thursdays: Nov. 5, 12 and 19 and Dec. 3, 10 and 17.

Students take ASSET if:

- They are first-time and/or transfer students taking three or more college-credit classes.

- They are taking a first-time level math or English course.

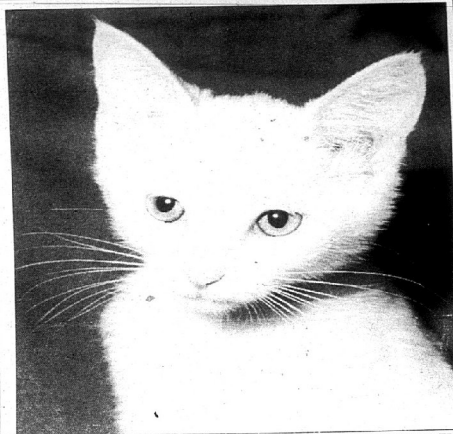
- They are applying for admission to the Associate in Arts or Associate in Science degree programs.

- They have accumulated 12 or more university transfer credits without being assessed.

- They have taken college-level math and/or English courses at another college or university.

- They possess a degree from another college or university.

- They are taking certificate courses not requiring college-credit math and/or English.



John Swistak Jr. photo

Pet of the week

Casper, a white 3-month-old domestic shorthaired cat, is among many homeless animals available for adoption from the Metro East Humane Society. He is neutered, likes to be held and is good with children, dogs and other cats. To adopt Casper (Card 812 C), apply in person at the shelter, 8495 Illinois 143, Edwardsville, or call 656-4405. Shelter hours are 11:30 a.m. to 5 p.m. Monday through Saturday and noon to 4 p.m. Sunday.

GCC hosting blood drive Oct. 22

The Granite City Campus of Belleville Area College will host an American Red Cross Blood Drive from 4 to 8 p.m. Oct. 22 in Room 207 at GCC, 4950 Maryville Road.

All types of blood are needed, but type O-positive is needed particularly. That type is the most common and is used in 52 percent of all surgeries.

If you do not know your type, you can find out when you donate blood. After your first blood donation, the Red Cross will send you a blood-type identification, such as a driver's license, to take to the next blood drive.

After donating, blood donors will be provided with refreshments and a place to rest briefly.

For more information, call Jill Shaw at the GCC Activities Office at 931-0600 or toll-free at (800) BAC-5131, ext. 442.

Journal seeks flavorful ideas, your favorite holiday recipes

It's only October, but plans for Christmas are already in the air. It's also time to start thinking about the Journal's annual Holiday Favorites Recipe Contest.

If you have some favorite family holiday recipes or ideas for brand new culinary sensations, write them down (clearly, please) or type them and fill out the accompanying entry form, then mail it to: *Journal Recipe Contest*, 219 N. Illinois, Belleville, 62220. Recipes must be received at the *Journal* office by Friday, Oct. 23, to be considered.

The contest includes four categories: appetizer, entree, side dish and dessert. You may enter one recipe in any or all categories.

Three finalists will be selected from each category and will participate in a taste-off competition in early November.

Finalists will bring their prepared dishes for judging at the taste-off. If finalists are unable to attend, they may send a representative with

a prepared dish of their recipe; but their prepared dish must be at the taste-off in order to qualify to win.

At the taste-off, judges will sample each dish and determine the winners based on taste, originality and appearance.

Schnucks Supermarkets once again is donating the prizes for this year's competition. First-place winners in each category will receive a \$50 gift certificate from Schnucks, and the two runners-up in each category will receive a \$25 gift certificate. Schnucks also will award a \$50 gift certificate for "Best of Show."

The Milnot Co. also will contribute gifts to winners and all participants.

All finalists' recipes will be featured in a special food section of the *Journal* to be published in the Thanksgiving Day edition, Nov. 26.

For more information about the contest, contact Managing Editor David Feld at 277-7000.

Metro-East Humane Society joins donation program

The Metro-East Humane Society has announced it is taking part in the 1998 East-West Gateway Combined Federal Campaign, a program that allows federal employees

contribute to approved charitable organizations through automatic payroll deductions. A deduction of \$5 per pay period over a year's time will

mean the Humane Society will receive \$130, which will provide for health checks, tests and vaccinations for 13 cats or dogs or will feed up to 65 animals for a week.



U.S.A. CHINA BUFFET

1511 Johnson Rd. • Granite City

OPEN 7 DAYS A WEEK

Daily "Carry-Out Only" Combinations

D-1 Shrimp with Broccoli
D-2 Shrimp with Vegetables
D-3 "Hunan Beef"
D-4 Beef with Vegetables
D-5 Beef with Broccoli
D-6 Chicken with Cashew nuts

D-7 Chicken with Broccoli
D-8 Chicken with Vegetables
D-9 Chicken with Lemon Sauce
D-10 "Hunan Chicken"
D-11 Moo Goo Gai Pan
D-12 Sweet and Sour Chicken

D-13 Sweet and Sour Pork
D-14 "Hot Braised Chicken"
D-15 "Hot Braised Pork"
D-16 Special Combo Fried Rice
D-17 Fried Rice of Your Choice
(Ham, Pork, Beef, Chicken, Shrimp)

FREE SODA & DELIVERY WITHIN 2 MILE RADIUS

*HOT AND SPICY • We alter spice according to your taste.

USA CHINA BUFFET
15% Off

Must show Coupon

Limited One Per Customer

Granite City Journal

HOURS:

SUN-THURS 11AM - 9PM

FRI-SAT 11AM - 10PM

*** ALL YOU CAN EAT ***
LUNCH BUFFET \$4.95
DINNER AND SUNDAY BUFFET \$6.95

WEEKEND *SPECIAL*
SEAFOOD SPECIAL

WE ACCEPT ALL MAJOR CREDIT CARDS BUT NO CHECKS!

Ask About Our FREQUENT DINER'S DISCOUNT CARD ONLY \$5.00

10% DISCOUNT

Off Your Food & Beverage Limit One Per Customer

876-4009

Senior Citizens & Childrens Discounts

Coming Soon Coming Soon

HOUSEHOLD HAZARDOUS WASTE COLLECTION



Saturday,
October 24
8 a.m. - 3 p.m.
1417 State Street



Granite City Steel, in conjunction with the Illinois Environmental Protection Agency, is sponsoring a



HOUSEHOLD HAZARDOUS WASTE COLLECTION DAY.

Saturday, October 24

8 a.m. - 3 p.m.

1417 State Street
Granite City, IL

✓ ACCEPTED

- ✓ Household Paints
- ✓ Paint Thinner
- ✓ Herbicides
- ✓ Insecticides
- ✓ Pesticides
- ✓ Old Gasoline
- ✓ Pool Chemicals
- ✓ Cleaning Products
- ✓ Car Batteries/Lead Acid Batteries

✓ ACCEPTED

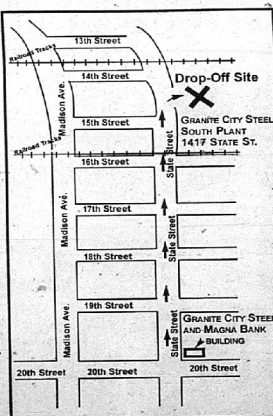
- ✓ Household Batteries
- ✓ Used Motor Oil
- ✓ Drain Cleaners
- ✓ Lawn Chemicals
- ✓ Solvents
- ✓ Anti-Freeze
- ✓ Hobby Chemicals
- ✓ Aerosol Paints and Pesticides
- ✓ Fluorescent Light Bulbs

⊗ NOT ACCEPTED

- ⊗ Agricultural Wastes
- ⊗ Business/Commercial Sector Wastes
- ⊗ Explosives
- ⊗ Fireworks
- ⊗ Propane Tanks/Cylinders
- ⊗ Smoke Detectors

⊗ NOT ACCEPTED

- ⊗ Farm Machinery Oil
- ⊗ Fire Extinguishers
- ⊗ Yard Waste
- ⊗ Tires
- ⊗ Refrigerators, Stoves, Water Heaters/other household appliances



Please bring household wastes to the South Plant at Granite City Steel, 1417 State St. See map above. Signs will be posted on day of drop off. For more information, please call 451-3459 or 451-3391.



not all that Wheezes is Asthma

Asthma is often misdiagnosed and improperly treated. Some people mistakenly believe that a sign of asthma is wheezy breath sounds. However, many factors can cause wheezy noises in the lungs. Attend a forum for those interested in learning more about asthma and asthma-mimicking symptoms.

Pulmonologist V.S. Mohan, M.D., F.C.C.P.

Topic: **Branchial Asthma**

Tuesday, October 20, 1998
Centennial Room - 7 p.m.

Free Admission
Free Literature & Brochures Provided
By American Lung Association

Limited Seating
Reservations 234-2120 Ext. 1575



St. Elizabeth's Hospital of Belleville
An Affiliate of Hospital Sisters System
Online at <http://www.apci.net/~ste/>

UNITH HEALTH Network

COMMUNITY CALENDAR

Editor's note: This community calendar contains items for the week of Oct. 14-20 only. Groups that meet every week will be listed the first and third weeks of the month only.

Church

GENERATION JESUS YOUTH GROUP, led by youth minister, meets from 5-8 p.m. every Sunday at Nameoki United Methodist Church, 1900 Pontoon Road.

JESUS EVERY THURSDAY (JETS), led by the music director, is for kids 3 to 11 years old. Meets from 7 to 8:15 p.m. Thursdays for music-Bible study and fun at Niedringhaus United Methodist Church, 20th and Delmar. Mom's Bible study and share group meets at the same time as children. For more information, call 877-4555.

TEMPLE BAPTIST CHURCH Adventure Club, an after school activity for grades 4-6, meets 3:30-5 p.m. Tuesdays at the church, 1900 Harris St. For more information, call 452-0273.

Food-Nutrition

MEALS OF LOVE, sponsored by Madison County Baptist Association, offers free meals to anyone in need. Meets 4:30-6 p.m. every Tuesday at Second Baptist Church, 21st and Illinois streets in Granite City. Everyone is welcome.

POLISH PIEROGI SALE is held 9 a.m. to noon the first Saturday of each month at Sacred Heart Polish National Catholic Church, 930 Reynolds in Madison. Seven varieties are offered: cabbage, cheese, kielbasa, sausage and kielbasa, plum pudding and fennel. Carry-outs only. The cost is \$6 per dozen. Cooked and ready to heat and eat. Also Chruski and rosolies. Order ahead by calling 876-5880, 876-3696, or 931-3307.

RESCUE MISSION food pantry is open from 9 a.m. to noon every Saturday at 1536 Fourth St. in Madison. Samuel Turner is the chairman, Valonda Turner is the secretary, and Alfred Turner is the pastor.

GRANITE CITY FOURSQUARE CHURCH offers hot meals served free of charge the last Monday of each month to those in need or those who just want someone to talk to at 12th and Edwardsville Road. Open to public. For information or a ride, call 451-9635.

BEMIS CHIROPRACTIC is offering free electronic spinal screenings from 9 a.m. to noon every Tuesday and Thursday at 3301 Fehling Road in Granite City. Call 876-2273 for more information.

TOPS 2383 meets 6:30 p.m. every Thursday at Anchorage Recreation Center, 2909 Edwards St. For more information, call Bobbie at 452-0273.

FREE SENIOR CITIZEN EXERCISE CLASS is held 9 a.m. every Thursday in Anchorage Recreation Center, 2909 Edwards.

TOPS 2048 meets at 8 p.m. every Monday at the Anchorage Recreation Center, 2909 Edwards St. Call 876-2124.

TOPS IL 645 meets at 7 p.m. every Monday in the Anchorage Recreation Center, 2909 Edwards St. Granite City. Call 452-6102. Men and women welcome.

TOPS 1699 meets at 6:45 p.m. every Tuesday at the Anchorage Recreation Center, 2909 Edwards St. Call 797-2724 for more information. Men and women are welcome to attend.

TOPS IL 2417 meets 6 p.m. every Tuesday in Calvary Lighthouse Church of God, 1205 W. Pontoon. Weigh-in at 5:30 p.m. Anyone age 7 or above with a weight problem is welcome. For more information, call Ann at 452-6102.

MADISON COUNTY URBAN LEAGUE HEALTH CARE SERVICES offers the following each week at 500 Madison Ave. in Madison: Walk-in pregnancy testing and prescription refills, 10 a.m. to 3 p.m. Mondays; Family planning services, 9 a.m. to 4 p.m. Tuesdays; STD screening and treatment, 9 a.m. to 4:30 p.m. Wednesdays; and family planning services, 9 a.m. to 4:30 p.m. Call 452-5334 for appointments or more information.

FREE SENIOR CITIZEN EXERCISE CLASS is held 9 a.m. every Thursday in Anchorage Recreation Center, 2909 Edwards.

MADISON COMMUNITY ACTION GROUP meets at 7 p.m. every Wednesday. For more information, call Dan at 452-2336 or Diane at 876-1350.

EAGLES AUXILIARY 1126 BINGO is held 1 p.m. every Sunday at the Nameoki Bingo Center. Also included will be a color raffle, 50/50 drawing free games and other raffish.

GRANITE CITY BUSINESS AND PRO-

FESSIONAL WOMEN meets at Jerry's Cafeteria. Dinner at 6:30 p.m., third Wednesday of each month, for coffee and a program at 7:15. Open to the public. For more information, call 452-5391 or 451-6914.

NOON NETWORKING FOR WOMEN meets from noon-1 p.m. the third Wednesday of each month at Ramada Inn in Fairview Heights. Cost is \$10 (no annual dues). Please feel free to bring your business cards and brochures. Bring a friend & get \$4 off your next lunch at Noon Networking.

SONS OF CONFEDERATE VETERANS, over age 12 of Confederate veterans, meets every third Thursday of every month at Ravanel's Restaurant in Granite City. Call 877-3065 for more information.

CHURCH WOMEN UNITED meets at 10 a.m. the fourth Thursday of each month, except July, at the Nameoki Methodist Church, 1900 Pontoon Road.

MODERN WOODMEN OF AMERICA Life Insurance meets at 5 p.m. the last Thursday of each month at Ravanel's Restaurant.

THE SARAH AND DORCAS CIRCLES OF CHRISTIAN WOMEN'S FELLOWSHIP meets at 9:30 a.m. the third Thursday of each month. For more information and/or meeting location, call Helen Stumpe at 931-2026.

THE RUTH CIRCLE OF CHRISTIAN WOMEN'S FELLOWSHIP meets at 7 p.m. the third Thursday of each month. For more information and/or meeting location, call Helen Stumpe at 931-2026.

LYDIA CIRCLE of Nameoki United Methodist Church meets 1 p.m. the third Thursday of each month. For more information phone, 877-1936.

THE JOLLY QUILTERS meets from 9 a.m. to 12 p.m. every Thursday at the Social Center, 906 Thorngate Drive in Mitchell.

GRANITE CITY COMMUNITY BAND rehearsals are 7:30-9 p.m. every Thursday at St. John United Church of Christ, 2801 Nameoki Road in Granite City. Call 531-0443.

GRANITE CHAPTER 850 ORDER OF THE EASTERN STAR meets at 7:30 p.m. the fourth Friday of each month at the Masonic Temple, 20th Street and Cleveland Boulevard in Granite City.

BENEVOLENT AND PROTECTIVE ORDER OF ELKS meets at 8 p.m. the fourth Tuesday of each month at

Granite City Lodge 1063 on Maryville Road in Granite City. Call 931-3557.

JOB'S DAUGHTERS BETHEL 43 meets at 7 p.m. the fourth Tuesday of each month at the Masonic Temple, 20th Street and Cleveland Boulevard.

GRANITE CITY KIWANIS meet at 7:30 a.m. every Tuesday at Shoney's on Nameoki Road.

TRI CITY PARK NEIGHBORHOOD WATCH meetings are held at 7 p.m. the third Friday of the month in the Foursquare Church Hall, 12th and Edwardsville Road. All residents are welcome.

Seniors

PONTON BEACH SENIOR CITIZENS BINGO is held 11:30 a.m. every Wednesday at 3810 Highway 111 in Pontoon Beach.

CHOUTEAU TOWNSHIP SENIOR CITIZENS meets at 6 p.m. the fourth Thursday of each month for polluck at the Social Center, 906 Thorngate Drive in Mitchell.

EAGLE PARK ACRES SENIORS OF MADISON meet from 10 a.m. to noon every Thursday at 100 Hill St. (rear) at Eagle Park Acres in Madison.

FRIDAY AFTERNOON PINOCCHIO CLUB for seniors 55 and older meets at 2:30 p.m. every Friday at the Harold Brown Building, Franklin Avenue and Pontoon Road. Call 877-0350 for more information.

Support Groups

THE C.H.U.R.C.H. OUTREACH INC. meets 7-9 p.m. every Wednesday night at True Fellowship M.B. Church, 1641 3rd St. in Madison. The C.H.U.R.C.H. is an outreach program designed to support its community in the struggle with urge control. All meetings are confidential. For more information, call 877-TURE.

PULMONARY SUPPORT GROUP, for persons with diagnosed lung condition, meets at 11 a.m. to noon every Wednesday in 4-Doctors Solarium, St. Elizabeth Medical Center. Call 798-3019.

ALANON meets at 9:30 a.m. every Monday at 2116 Edison (side door) in Granite City. Call 463-2429.

ALCOHOLICS ANONYMOUS meets at 11 a.m. and 8 p.m. every Wednesday at 2116 Edison in Granite City. For more information, call the DMDA office at

Granite City. Call (800) 307-6000.

ALANON ADULT CHILDREN meets at 7 p.m. every Wednesday at St. Elizabeth Medical Center, 2100 Madison Ave., in the Kettler Center Conference Room A. Call 463-2429 for more information.

ALCOHOLICS ANONYMOUS meets 8 p.m. every Wednesday at St. Elizabeth School's Noah's Ark Day Care, Pontoon Road in Granite City. The meetings are closed except for the last Wednesday of the month.

ALCOHOLICS ANONYMOUS meets 11 a.m. and 8 p.m. every Thursday and noon and 8 p.m. every Friday at 2116 Edison in Granite City. Call (800) 307-6600.

ALCOHOLICS ANONYMOUS meets at 8 p.m. every Thursday at Presbyterian Church in Mitchell. Call (800) 307-6600.

ALANON meets 7 p.m. every Thursday at St. Elizabeth Medical Center, 2100 Madison Ave., in the Kettler Center Day Care room C. Call 463-2429.

ALCOHOLICS ANONYMOUS meets 8 p.m. every Saturday and 1:30 and 8 p.m. every Sunday at 2116 Club, 2116 Edison in Granite City. Call (800) 307-6600.

ALCOHOLICS ANONYMOUS meets 8 p.m. every Sunday at St. Elizabeth Medical Center, PASCAL Hall, main floor, in Granite City. Call (800) 307-6600.

PRELATEEN PROGRAM, for 7 to 11 year age group, now meets at 7 p.m. every Thursday at St. Elizabeth Medical Center, 2100 Madison (in the Kettler Center C Day room). For more information, call 463-2429.

HEREDITARY ATAXIA (a disorder of nerve cells in the spinal cord and cerebellum) **SUPPORT GROUP** meets the second and fourth Friday of each month. Call Curt Williams, 877-5172, for information.

STEMSS (Support Together for Emotional and Mental Serenity and Sobriety), a support group for people with a mental illness and an alcohol or substance abuse problem, meets from 1:30-2:30 p.m. every Friday at PASCAL Hall in St. Elizabeth Medical Center. Call 798-3604 for more information.

DEPRESSIVE MANIC DEPRESSIVE ASSOCIATION OF MADISON COUNTY meets from 1-3 p.m. every Friday at St. Elizabeth Medical Center, Granite City, in the Milonski Room located in the basement. For more information, call the DMDA office at

(314) 779-3969.

NARCOTICS ANONYMOUS, Seeking recovery, meets 8 p.m. every Thursday at 2016 Delmar Ave. 24-hour hotline is 398-9409.

NARCOTICS ANONYMOUS, Acceptance, meets 8 p.m. every Saturday at 2016 Delmar Ave. 24-hour hotline is 398-9409.

NARCOTICS ANONYMOUS, Live the Steps, meets 8 p.m. every Monday at 2016 Delmar Ave. 24-hour hotline is 398-9409.

ARTHRITIS SUPPORT GROUP meets 7 p.m. the fourth Monday of each month at Alton Memorial Hospital cafeteria, Room B.

CHEMICAL DEPENDENCY RELAPSE PREVENTION group meets from 6:30-8:30 p.m. every Monday at the Edwardsville Health Center, 1123 University Drive in Edwardsville. The group focuses on eliminating relapse-prone thinking, feeling and behavior patterns and helping group members grow in sobriety. For more information, call 798-3858.

NEGLECTED VICTIMS OF CHILD SEXUAL ABUSE, a support group for non-offending parents of victims, meets from 6:30-8 p.m. every Monday at Southern Illinois University at Edwardsville Rape and Sexual Abuse Care Center. Call 692-2197 for details.

SINGLES CONNECTION events for the week of Oct. 14-20 are: Try dinner at the Moonlight Restaurant, 3400 Fosterburg Road in Alton. Meet at 8:30 p.m. Wednesday. Reservations required. Call Theresa at 344-6460 to RSVP. Meet at 7 p.m. Thursday at Longhorn Restaurant in Fairview Heights. RSVP to Theresa at 344-6460. Meet at 12:30 p.m. Saturday at Alton's Lock and Dam visitor's center to see how the lock and dam works. Must have RSVP'd to Lew H. at 666-0323. Meet at 1 p.m. Sunday at First Federal in Edwardsville to car-pool to see the fall colors on the River Road and eat at the Finn Inn Restaurant. RSVP to Frank at 876-4315. Meet at 6:30 p.m. for pizza at Pantera's in Montclair Shopping Center in Edwardsville. Information, call Ben, 254-1656. Meet at 7 p.m. Tuesday at the Edwardsville YMCA Esic Drive for Volleyball, volleyball on a racquetball court with a softer ball. Cost is \$3 for 2 1/2 hours of play. Call Paul, 332-1731, for more information.

OSTOMY SUPPORT GROUP meets 2-4 p.m. the fourth Tuesday of every month at PASCAL Hall, main floor in St. Elizabeth Medical Center. Call 798-3167.

Health-Exercise

COME CELEBRATE OUR 15TH ANNIVERSARY

FRIDAY, SATURDAY AND SUNDAY
OCTOBER 16, 17 & 18

SAVE 25%
ON ALMOST EVERYTHING
(SOME EXCLUSIONS, SEE STORES FOR DETAILS)

- REGISTER-TO-WIN 1 OF 15 \$100 SHOPPING SPREES
- LOOK FOR OUR MANY IN STORE SPECIALS
- REFRESHMENTS



Jan's Hallmark

BELLEVILLE
Westfield Plaza
233-1767

COLLINSVILLE
Lakeside Plaza
345-4880

EDWARDSVILLE
Marketplace Center
656-9445

GRANITE CITY
Crossroads Plaza
451-1767

O'FALLON
Lincoln Plaza
628-1504

O'FALLON
Southview Plaza
632-8907

SWANSEA
Schnuck's Plaza
236-7467

Mon. - Sat. 9 - 9
Sun. 11 - 5

THE STORE WILL CLOSE AT 3 PM TODAY TO ALLOW SPECIAL CREWS SUFFICIENT TIME TO RESTOCK, RESTACK, REORGANIZE AND PREPARE FOR THURSDAY'S

9-HOUR SALE!

TOMORROW! 12 NOON TO 9 PM!

YOU'LL LOVE THIS!

TRADITIONAL LIVING ROOM

Plaid sofa, loveseat and chair, oak and brass trim

\$799⁹⁵

DINING ROOMS & DINETTES

Reg. \$149.95
GLASS TOP TABLE
4 Chairs
Black & Brass
Reg. \$999.95
CHERRY TABLE
4 Side Chairs with upholstered seat in Cream Fabric
Reg. \$899.95
LARGE FARM TABLE
4 Side Chairs
Heavy and Sturdy
Choice of Colors
Reg. \$299.95
SOLID WOOD
30x45 Table, Nat. Finish Top With White Legs, & Nat. and White Chairs
Reg. \$349.95
BLACK MARBLE FINISH TABLE AND 4 CHAIRS

\$99⁹⁵

\$599⁹⁵

\$599⁹⁵

\$199⁹⁵

\$219⁹⁵

plus much, much more!

BEDROOM SUITES

Reg. \$899.95
COUNTRY WARM OAK FIN.
Crown Bedding
Chest, Headboard, Dresser, Mirror
Reg. \$499.95
TRADITIONAL OAK OAK
Solid Wood, Dresser w/Mirror
6 Drawer Chest, Mattress Bed
Reg. \$1499.95
WHITE CANTOPY GIRLS
Bedroom with Canopy
Bed, Dbl. Dresser, Mirror, 4 Drawers
Chest, Nightstand
Reg. \$1299.95
PERFECT FOR SPACE
Bedroom or Off to College, Single Dresser
Chest, 4 Drawers
Reg. \$1249.95
BASKET CANNONBALL
HS Comm. Bed, Chest, and Nightstand
Reg. \$1699.95

\$599⁹⁵

\$3299⁹⁵

\$899⁹⁵

\$199⁹⁵

\$1699⁹⁵

ABSOLUTELY NOTHING'S HELD BACK AT THE IMMEDIATE RETIREMENT AND PARTNERSHIP BUYOUT SALE!

WHERE...?
GRANITE CITY HOME FURNISHINGS
1842 STATE STREET., GRANITE CITY, IL 62040
PHONE 451-4799
STORE HOURS: M-W-F 9 AM - 8 PM
TUES. - THURS. 9 AM - 6 PM • SAT. 9 AM - 4 PM

WHY...?
A MAJOR STOCKHOLDER IS RETIRING, AND THE REMAINING PARTNERS IN GRANITE CITY HOME FURNISHINGS WILL RAISE THE CASH NEEDED TO BUY OUT HIS INTEREST WITH INCREDIBLE REDUCTIONS ON ALL INVENTORY!

EVERYTHING'S REDUCED!

DOORS OPEN:
TOMORROW!
12 NOON 'TIL 9 PM!

IT'S A \$350,000 RETIREMENT SALE AND PARTNERSHIP BUYOUT THAT OFFERS YOU INCREDIBLE SELL-OFF PRICES ON EVERY ITEM IN EVERY DEPARTMENT!
HURRY FOR GREATEST SELECTION!
CERTIFIED REDUCTIONS OF 20%, 30%, 40%, EVEN

UP TO 60% OFF!

DON'T BE THE ONE TO MISS OUT!

NEW AND EXCITING!

ELEGANT QUEEN ANNE DINING ROOM

Table, 2 arm chairs
4 side chairs, Handmade china with curio sides, Lighted

\$1299⁹⁵

LIVING ROOM BARGAINS!

Reg. \$899.95. **TRADITIONAL LIVING ROOM!**
Pleated Back, Sofa, Loveseat and Chair. Choice of Colors **\$499⁹⁵**
Reg. \$1299.95 **SKIRTED BASE SOFA AND LOVESEAT!** Handsome traditional styling Blue, Burgundy and Tan Print **\$899⁹⁵**
Reg. \$1299.95 **FLORAL PRINT SOFA, LOVESEAT & CHAIR.** Multi-tone Floral. **\$899⁹⁵**
Reg. \$1499.95 **LOOSE PILLOW BACK SOFA, LOVESEAT.** Burgundy, Southwest print, pillow, solid hardwood frame **\$999⁹⁵**
Reg. \$1599.95 **PUB BACK LIVING ROOM, SOFA, LOVESEAT & CHAIR.** Handsome oak trim. Choice of colors **\$899⁹⁵**

plus much, much more!

SENSATIONAL DINETTE
48x72 Sunburst Table, Curved Apron, Ball and Claw Feet
6 Dbl. Padded Back Chairs
Reg. \$999.95 **\$599⁹⁵**

INCREDIBLE! GLIDER WITH OTTOMAN
Choice of Blue or Green
Pick Up Here **\$129⁹⁵**

MATTRESS SETS!

Reg. \$299.95
52 MATTRESS SETS
312 Coil Set
10 Year Warranty
Reg. \$99.95
QUILT TOP CHROMACRATIC MATTRESS
Savings in All Sizes
Reg. \$449.95
MATTRESS BOX SPRINGS
Plus Cover, Extra Firm
Available in 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48, 50, 52, 54, 56, 58, 60, 62, 64, 66, 68, 70, 72, 74, 76, 78, 80, 82, 84, 86, 88, 90, 92, 94, 96, 98, 100, 102, 104, 106, 108, 110, 112, 114, 116, 118, 120, 122, 124, 126, 128, 130, 132, 134, 136, 138, 140, 142, 144, 146, 148, 150, 152, 154, 156, 158, 160, 162, 164, 166, 168, 170, 172, 174, 176, 178, 180, 182, 184, 186, 188, 190, 192, 194, 196, 198, 200, 202, 204, 206, 208, 210, 212, 214, 216, 218, 220, 222, 224, 226, 228, 230, 232, 234, 236, 238, 240, 242, 244, 246, 248, 250, 252, 254, 256, 258, 260, 262, 264, 266, 268, 270, 272, 274, 276, 278, 280, 282, 284, 286, 288, 290, 292, 294, 296, 298, 300, 302, 304, 306, 308, 310, 312, 314, 316, 318, 320, 322, 324, 326, 328, 330, 332, 334, 336, 338, 340, 342, 344, 346, 348, 350, 352, 354, 356, 358, 360, 362, 364, 366, 368, 370, 372, 374, 376, 378, 380, 382, 384, 386, 388, 390, 392, 394, 396, 398, 400, 402, 404, 406, 408, 410, 412, 414, 416, 418, 420, 422, 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Sports

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Game of momentum

East tournament shows wild nature of prep volleyball

When it comes to high school sports, is there any as unpredictable as girls volleyball?



Art Voellinger
Sports
Views

The recent 16-team Belleville East Metro Classic is, indeed, a classic example of the wacky world of volleyball in that No. 1-seeded Belleville West finished ninth. That's consistent with what I've seen while following scores that often indicate a team winning early and then losing. It hasn't necessarily been that way for West this fall, but I'm sure Maroons coach Charlie Rodman of 600-victory fame has to be wondering.

Are teams evenly matched or does momentum have something to do with it? Consider the championship match at East where Cor Jesu of St. Louis defeated St. Joseph's Academy but only after losing the first game 15-12. In the third place match, St. Francis Borgia had to rally from a second-game 15-12 loss to down Nerinx Hall.

West ninth and Belleville East 15th while Breese Central finished fifth and Breese Mater Dei seventh? One can surmise how high the Breese schools will finish in the Class A postseason and where the Belleville schools will in Class AA — including Althoff, which should have been invited to the East affair. The Crusaders defeated East 15-7, 15-11 on Oct. 6 for their first win over the Lancers in four years.

During the regular season, West defeated Althoff 12-15, 15-10, 15-5, just a few days after northern power Downers Grove South topped the Maroons 10-15, 15-7, 15-10 in the Rich East Tournament.

How good is Downers Grove South? On Sept. 29, the Mustangs shocked Chicago Mother McAuley, 9-15, 15-13, 15-12.

Note again that West defeated Downers Grove South 15-10 in their first game and realize that in four of the last six Class AA state finals, South and Mother McAuley have met with the Chicago team prevailing three times.

OVERTIME: My regret in not seeing Althoff in the Classic includes failing to see Crusader senior Kari Karban, the subject of a recent Journal feature, and a daughter of Al and Mary Karban of Belleville.

In 1969 and '70, Al Karban was among the hardest hitting defensive backs in the area — a thought that has me futilely looking for others like him today.

When the Southwestern Illinois area enters October with a Friday night of football that has 11 teams scoring 30 or more points and 10 of 19 games played with a point spread of 20 or more, I know the Karban types are limited.

Maybe I shouldn't complain because football in our area continues to thrive to an extent, but reports continue to show a decline, especially in the Chicago Area where Lake View (enrollment 1,191), Near North (776), Wells (1,557) and Calumet (961) dropped the sport this year.

Meanwhile, schools like Chicago King (797) and Foreman (1,330) are dressing 15 players each for games. At Chicago Hillcrest, only four players showed up for sophomore practice, causing the school to drop that level.

Stingy defense leads Spartans to title

By Rick Broome
Staff writer

DeSmet scored in the opening minute and made the lead hold for the final 79 as the Spartans beat Springfield Sacred Heart Griffin 1-0 in the finals of the Pepsi Cola/Granite City Tournament of Champions Saturday night.

The Spartans got a quick corner and used a bang-bang play to score. Sophomore sensation Mike Ambersley took the kick and lofted the ball into the box. Senior John Roy got up in the air and nailed the header past Springfield keeper Mike Metz.

Sacred Heart midfielder Ross

BOYS SOCCER
TOURNAMENT OF CHAMPIONS
DESMET 1, SACRED HEART 0

Pagliara had the unenviable task of marking Spartan senior Pat Noonan — a Pre-Tournament Team selection — all over the field. Pagliara kept him off the board and gave his team a chance, but they couldn't put one away.

"I think we played more aggressively than we have in later dates," DeSmet coach Greg Vitello said. "I'm really happy defensively. We pride ourselves on playing good defense, and we didn't give up a goal

in the tournament, and I think that was the key to the whole situation.

"Pat Noonan is all-Metro, Mike Reiter was the tournament MVP, John Moore our goalkeeper. Those are three outstanding individuals, and they made us good tonight. I wish there was some magic from the sidelines or some kind of coaching device that does it. There are some really good kids here, and they are willing to play as a unit. That's the only way we can be successful."

Even the St. Louis schools who face homocidal regular-season schedules find a postseason benefit in playing in the Tournament of Champions.

"Without a doubt, that's how you prepare yourself," Vitello said. "To continually beat up on lesser opponents and make yourself look good or pad your stats, then you get into a tough pressure game and you can't handle it. You have to be able to handle the pressure, and this gets you ready for that."

Tourney MVP Reiter and Ambersley helped the Spartans run their season record to 16-3-1.

"Mike Reiter has stepped up and been our team leader," Vitello said. "This year we needed somebody in the

See DEFENSE, Page 5B



Tim Stephenson photo

Disappointing tourney

Granite City's Corey Winfield tries to keep the ball from an Aquinas-Mercy player. The Warriors fell 2-1 in the final round at the Tournament of Champions.

Christofilakos carries Cyclones through semis

By Rick Broome
Staff writer

Peter Christofilakos is like Dorothy's house — at the center of the Cyclones' attack.

Led by Christofilakos' two goals — his 27th and 28th of the year — the Springfield Sacred Heart Griffin Cyclones beat a flat Aquinas-Mercy team 4-0 in the semifinals of the Pepsi-Cola/Granite City Tournament of Champions Saturday morning.

"The first goal was about a 25-yard, dead-ball shot. Peter just hit a bomb," Sacred Heart coach Sam Tate said. "He said he saw a little gap in the wall, and he just buried it. I don't even think the keeper moved

BOYS SOCCER
TOURNAMENT OF CHAMPIONS
SACRED HEART 4, AQUINAS-MERCY 0

on it.

"The second goal, we took a corner kick, Peter crossed it, David Padavic got up and headed it in."

In the second half, Christofilakos picked up where he started the first. He blasted a free kick that Aquinas keeper Matt Tesdall speared with his outstretched fist. The rebound shot to Cyclone junior Jacob Sullivan, who put it in.

See CHRISTOFILAKOS, Page 5B



Tim Stephenson photos

A win for the Warriors

At left, Granite City quarterback Zack May drops back for a pass. Above, running back Brooks Narvaez tries to elude a defender. The Warriors won 14-10 over Belleville West Friday. They are now 2-5.

Earnhardt Jr. comes into Gateway with 97-point lead

For those race fans hoping that Dale Earnhardt Jr. will hit the big time just like his father, Dale Sr., did — bumping and feuding his way to the top — think again.

The younger Earnhardt, in his first full year on the NASCAR Busch Series Grand National Division, is locked in a tight points battle with Matt Kenseth coming into the CARQUEST Auto Parts 250 Oct. 15-17 at Gateway International Raceway.

Earnhardt, with seven wins this season and top-10 finishes in 20 of the 26 races to date, holds a 97-point lead over Kenseth, who has three wins and 20 top-10 finishes.

So what kind of rivalry is it becoming? One where the rivals have turned out to be best friends. Can't find Earnhardt or Kenseth around their garage area? Go to the other's car or trailer. They've also hang out together when they aren't at the track.

"It's a lot of fun (racing with Kenseth), really," said Earnhardt, who drives the AC/DeLo Chevrolet owned by Dale Earnhardt, Inc. "I've got to know him and hang out with him on the weekends. I've got to know him personally, and he's fun to race with. He does so much with so much less. We're pretty good pals. There's always going to be competitiveness. If we can't win it, I'm pulling for him to win."

Earnhardt can relate to that. Until this season, he ran late models on the Winston Racing Series circuit and ran a limited Busch Series schedule last year.

"Dad has let me make my own decisions and my own mistakes because that's the way you learn," Earnhardt said.

Kenseth, whose Reiser Motorsports

See FRIENDS, Page 4B

New CBA club looking for a name

By Alan Gerdos
Staff writer

With Mark McGwire mania starting to fade away and temperatures turning cooler, RiverCity Basketball Club president Michael Mannion hopes the season-ticket phone lines start heating up.

RiverCity was conditionally approved to get a Continental Basketball Association expansion franchise in St. Charles for the 1999-2000 season, but the group must sell 2,500 season tickets by Dec. 1 in order to ensure the franchise. Through late last week, about 2,050 season tickets had been sold.

"This is the time that we need to sell these tickets," Mannion said. "It works well for us because it's (almost) the beginning of the basketball season. It's the ideal time for us, and we're confident that we can do it."

After CBA officials came to St. Charles on March 2 to announce that the RiverCity group would receive a franchise if it sold the required season tickets, about 1,000 tickets were sold in the first month.

Sales have tailed off since

then, so Mannion is a little concerned at this point. But he's not about to push the panic button.

"If we sold 2,498, I don't know what they would do," Mannion said. "That's why we don't want to be in that position."

Season-ticket prices range from \$187.50 to \$375 for a 30-game package. Only a 10 percent deposit is required to reserve seating. For more information, call the team offices at 216-2000.

In addition to making a push on ticket sales, the RiverCity group is also seeking help from fans to select a name for the team, which would play in the 10,000-seat St. Charles County Family Arena near the Missouri River just south of St. Charles. The arena is under construction and is expected to be completed by late September or early October next year.

Entry forms for the name-the-team contest are available in the *Suburban Journals* and at the following retail locations: Chevys Fresh Mex restaurants, Allegiant Banks, Primary Network stores, AMC Theatres and at KPN 890-AM radio station. Registration is also available at the team's website at:

<http://www.primary-net/cba hoops>.

Possible first names for the team are St. Charles, RiverCity, St. Louis or Missouri. The nickname possibilities are endless.

All contest entries selecting the winning name will receive a team T-shirt. One grand prize winner will be determined through a random drawing of all correct team names. The grand prize winner will receive two lower-level season tickets, two VIP game passes and other team merchandise. All contest entries receive a free bag of popcorn from AMC Theatres.

There are nine teams playing this upcoming season in the CBA, which is the official developmental league for the NBA. Along with the St. Charles franchise, an expansion franchise from the Trenton, N.J., area is also expected to get a team for the 1999-2000 season.

An expansion draft will be held in May, and the new franchises will be able to select nine players from a college draft is also held in September for all league teams, who can also sign players through free agency or open tryouts.

CBA teams can have 10 players on their active roster.

DOBBS Cardinals Team of the Week



Columbia softball standouts

The Ace Hardware softball team from the Columbia Khoury League had a 12-1 record in the Petite division. Front row: Emily Biermann, Tiffanie Miller, Jamie Toon, Jessica Roeschlein, Jenna Toon and Jessica Nordike. Middle row: Sarah Cotton, Carrie Canman, Sarah McBurn, Jaclyn Mann, Megan Floarke and Tamara Rickerman. Back row: assistant coach Donna Floarke and head coach Jan Toon. Not pictured: assistant coach Clyde Canman.

Autumn Savings

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No. 62 is No. 1 on Herren's list

Cardinals team photographer has captured many magic moments

By Brian Bretsch
Staff writer

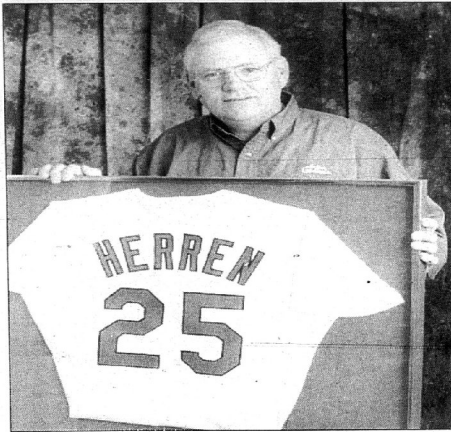
Photographer Jim Herren has witnessed many great moments at Busch Stadium during the past 25 years. Herren, a Collinsville resident, is the St. Louis Cardinals team photographer. He has photographed such memorable Redbirds moments such as:

- Bob Gibson's 3,000th career strikeout.
- Lou Brock swiping his 105th base of the season. At the time it broke Maury Wills' single-season record of 104.
- Bruce Sutter blowing a fastball past Gorman Thomas in the seventh and deciding game to win the 1982 World Series.
- Ozzie Smith smacking a Tom Niedenfuer pitch over the right field fence to win Game 5 of the 1985 National League Championship Series. It was Smith's first career home run batting left-handed.

While all those moments are forever etched in Herren's memory, none of those even come close to what he experienced on Sept. 8 when Mark McGwire cracked his historic 62nd home run of the season.

"I can remember when Sutter released that ball and it popping in (Darrell) Porter's glove. You still see a million times on television," Herren said. "The echo that came out of the crowd was unbelievable. I always thought there could be nothing that could top it."

"But when McGwire hit that sucker, it was just unbelievable. The sound. The roar. The fireworks. Everything that happened was so climactic. One swing of the bat and this thing was finally



Jim Herren celebrated 25 years as the Cardinals team photographer last year.

Herren not only captured the historic clout on film that broke Roger Maris' 37-year-old single-season home run record, he had one of the best seats in Busch Stadium to witness the feat.

He was actually taking his photos from inside the Cardinals dugout.

"When McGwire hit that thing the dugout erupted," said Herren, who estimated he shot almost 600 photos on the record-breaking night.

"(Manager) Tony (LaRussa) arms went straight up to the sky. The team was up on the steps. I can still remember looking at the expression on Brian Jordan's and Ron Gant's face and how it looked. They were just standing there. All the arms were up. They were hollering. They all took off and started to go out to the plate. 'I went over near the owners' box. I've never seen so much celebration going on. It was unreal. I have never experienced anything in my

"I can still remember looking at the expression on Brian Jordan's and Ron Gant's face and how it looked. They were just standing there. All the arms were up. They were hollering. They all took off and started to go out to the plate."

Jim Herren

life like that."

Herren got to know McGwire during spring training in Jupiter, Fla. and it did not take him long to appreciate McGwire's power hitting prowess.

Herren was at Roger Dean Stadium the day Big Mac literally made an impression on what was in store for the 1998 season. It was a nice sunny day in Jupiter when McGwire rocketed a shot that hit the Montreal Expos' office building beyond the left field wall. The line-drive shot left an indentation in the wall. He later topped that power display with a blast that came to rest on the roof of the same building.

Big Mac started the 1998 campaign with home runs in four straight games, including a grand slam in the Cards opening game of the season. Aside from their four circuit clouts to begin the year and homers 61 and 62, there is one monster mash Herren will never forget.

"I think the one where you see the band-aid on the sign," Herren said. "He tagged that ball. That is in center field. That is a long shot." And it was just one of the many memorable blasts Cardinals fans witnessed in the Great Home Run Chase of 1998.

Bearcats roll to 41-6 win over Trinity University

By Daniel L. Chamness
Correspondent

The McKendree College Bearcats flied with a shutout Saturday afternoon, but a 41-6 victory over Trinity International University will do.

It extended the Bearcats' home winning streak to 10 games. They have not lost at home since Oct. 26, 1996, their first year of football in the new era.

Although Trinity had 229 yards of offense, the Trojans could not make up for mistakes deep in their territory. Trinity fumbled the football six times during the contest and lost five of them. Three fumbles were early in the third quarter and all led to McKendree points. Trojans quarterback Jason Nelson fumbled the ball on his own 28. Ryan Thornhill made the hit and Craig Nix quickly drove on the ball.

It took McKendree only five plays to score, as the Bearcats dialed Louis Harden twice and fullback Jarrod Karnes twice before handing off to Daniel Simak for the final seven yards and the touchdown at 12:07.

Trinity fumbled the ball away less than two minutes later, as Trojans freshman

Mark Clinton fumbled, and once again, Nix scooped up the loose pigskin. This time, after two five-yard rushes by Brandon Murphy, the Bearcats were forced to settle for a 42-yard field goal by Brian Schneider at the 9:26 mark of the third quarter.

"I try to make some plays," said Nix. "We got two scores and felt the momentum change. Our defense flies around and tries to make things happen. We kept the pressure on their offense and kept pounding them."

Trinity coughed up the ball for the third time in less than five minutes. Joe Bruns rambed 29 yards with the fumble recovery for another McKendree touchdown. The two TDs and a field goal in a span of 6:26 gave the Bearcats a 27-0 lead.

"We did not give the big play, and we stayed disciplined," said McKendree coach Carl Poelker.

"Defensively, we got more confident and our kids started reacting quicker." McKendree actually scored enough points to win the game in the first half. The Bearcats hit the scoreboard at 10:09 of the first quarter, as Schneider kicked a field goal from the Trinity 10-yard line.

McKendree scored its first touchdown of the contest with 1:02 to play in the first half on a one-yard plunge by Harden. The Bearcats kept the ball on the ground with the exception of a Brett Gross 10-yard reception from Billy Gray. Jason Jackson made the big play of the drive, rushing 46 yards on a first-and-10 play from the Trinity 49. Mike Villa rushed from the Trojan 3, setting up Harden's touchdown.

The Bearcats added two touchdowns in the final quarter. Jackson scored on a 57-yard run with 7:00 to play, while Ryan Jimison scored at 5:22 on a 2-yard fumble recovery.

"Trinity played really well during the first half," said Jackson. "They were slipping off blocks and making tackles. I am happy to have an opportunity to play."

Trinity scored its only touchdown of the contest in the final minute of play as Victor Davis scored from two yards out with 22 seconds remaining. In addition to kicking two field goals, Schneider kicked each point-after attempt.

"I had a great day," said Schneider. "I was being patient and made an effort to be consistent when I did get the chance. The second half we made some big plays, and the first half was a feeling out process."

MCKENDREE NOTES: While the Bearcats' offensive attack seemed to build, so did the crowd response. The fans were somewhat subdued in the first half, but as McKendree put more points on the board, they became more excited about the contest.

"Good football teams don't have peaks and valleys," said Poelker. "They have some different style of offense than they had used before. They previously had not used the wishbone and they did today."

At the midway point of the season, McKendree is 3-2. The Bearcats have five rushers with more than 200 yards, with Harden leading the pack with 76 carries for 464 yards. Karnes has 267 yards on 46 carries, while Jackson, a freshman, has 24 carries for 264 yards.

The Bearcats have gained 1,819 yards on the ground, while Gray has thrown for 264 yards. Gross has caught nine passes for 159 yards. Murphy has six kickoff returns for 140 yards.

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Raymond James, O'Fallon
Pat Demling, St. Charles West
Danny Long, Springfield Sacred Heart
Peter Christofilakos, Springfield Sacred Heart

Tournament MVP: Mike Reiter, DeSmet

Defense takes DeSmet to tourney title

Continued from Page 1B

back to step up and that's exactly what he did. He has stepped up and taken charge. He is a coach on the field. "Mike Ambersley, for a little-bit guy, plays with a lot of heart out there. The key to some of his plays is that he knows how to use his body and can use it well. He hasn't had quite as good a tournament as we expected, then he turned it on tonight and was just electric. He's a neat kid, too, a lot of fun to coach."

The tight Spartan defense kept Sacred Heart shooting star Peter Christofilakos off the board — something other teams have had trouble doing. "We played well," Christofilakos said. "I think

"I was scared when we gave up a goal less than a minute into the game. I told the guys before the game that (DeSmet) are dangerous on corners and throw-ins, and they scored on one right away."

Sam Tate
Sacred Heart coach

technically we weren't communicating well, but I think overall we played hard, gave a good effort."

"I think this is very good preparation for the playoffs. This is our first loss all season. I think it's good and we'll learn something from it. I think in the playoffs we will take it into consideration, put it in our minds and keep it there so we know what to do

when the pressure comes."

"At the end of the game, after it's over, I think we played really well," Sacred Heart coach Sam Tate said. "I was scared when we gave up a goal less than a minute into the game. I told the guys before the game that (DeSmet) are dangerous on corners and throw-ins, and they scored on one right away."

"But I was proud of the

guys, the way they rose to the occasion. We didn't get down — if anything, we got fired up. We had about five or six really good opportunities. To beat a good team like this you have to capitalize on those, and that's the game."

"I honestly believe that this tournament is tougher than our playoffs will be. What will be tougher in our area is that teams know us more, and there are rivalries, so they get fired up for us more. As far as pure talent and competition, this tournament is as tough or tougher than the playoffs. So it's great preparation."

This was DeSmet's first win in the Tournament of Champions since 1985.

Sacred Heart fell to 13-1-2 on the season.

Christofilakos carries Cyclones through tourney semifinals

Continued from Page 1B

the net. Christofilakos notched his second of the game when his hard shot glanced off of a defender and spun over the reaching arms of Tiedall. The match pitted what is probably the best small school from this side of the river —

Illinois' Sacred Heart — with its counterpart in St. Louis, an Aquinas-Mercy squad which is always in contention for the 3A title and is the favorite to win it again this year.

"I was surprised that (Aquinas) were a little bit down," Tate said. "They didn't really come out fired up, averaging a 3-1 loss to the Red Devils the week before the tournament."

In a field absolutely bursting at the seams with big-time soccer programs, Sacred Heart was the little engine that could.

To give the kids the chance to play in the championship game in front of some scouts and the big crowd — what more could you ask for? So it's a nice experience for the kids.

In the other semifinal game, DeSmet beat Chaminade 2-0, averaging a 3-1 loss to the Red Devils the week before the tournament.

John Roy got the Spartans on the board first. With 13:11 to play in the first half, Roy took a pass from senior midfielder Scott Pavazza and beat Chaminade keeper Mike Hinchin.

Less than three minutes later, DeSmet's Pat Noonan —

"I was surprised that (Aquinas) were a little bit down. They didn't really come out fired up. We've really emphasized that our warm-ups are very important because how you warm up is how you start the game. The key to this game was that we started strong and never let down."

Sam Tate

"We went from last year not winning a game to this year playing in the championship," Tate said. "Actually, I was a little surprised at our early start. I really emphasized to the kids that we had to get an early start. Our bus left at 6 a.m., which means that we had to be up by 5:30."

Sacred Heart then had to wait for the outcome of the other semifinal between DeSmet and Chaminade to see which St. Louis force they would have to try and overcome.

"We want to play the best and we think that these are obviously two of the top, if not the two top teams around," Tate said. "I think we were fortunate that we didn't have to play one of them in the semis."

"It's going to be a great experience for our kids to play in the finals. This is one of the top high school tournaments in

a member of "Baker's Dozen," the Pre-Tournament Team hit an absolute rocket to finish the scoring.

In lieu of a third-place game, Granite City Coach Gene Baker decided a few years ago to begin the "St. Louis City Shootout" — a shooter and a goalie from each of the tournament teams in a sudden-death shootout.

The Cyclones made it to the finals of the shootout as well but lost to the Rosary pair of shooter Mike Friederich and keeper Todd Menke.

Friederich hit the crossbar measured during the whole competition, and slid it just under in each round. He beat Sacred Heart keeper Ryan Cour high and to the right. Menke made a diving stop on Christofilakos to seal the win.

The shootout was sponsored in part by Ultimate Sports on Nameoiki Road.

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Suburban Journals

U of I Library equipped with new technology

The University of Illinois Library is ready for the 21st century.

It just rolled out an on-line cataloging and circulation system that not only meets the international standard for data-sharing, but also is Year 2000 compliant.

The system also gives users a powerful way to access materials and provides a "gateway" to a galaxy of electronic resources. These are huge steps, considering that the Library, which is celebrating the acquisition of its nine millionth book in October, is the world's largest public university library.

After 20 years of yeoman-like service, the previous and now-antiquated Library Circulation System, with its automated catalog — one of the earliest online systems at a major research library — was exchanged overnight for a more powerful library-management system. The new system incorporates most library functions, including acquisitions, cataloging and external user services. It can be accessed by a fully-functional Telnet interface and by a Web-based interface. The latter, which is under construction, is expected to be fully functional before the end of the year.

It has been a massive project in other ways. The U of I Library has one of the largest and most heavily used research collections in the world. Every day, some 1 million users logged onto the previous on-line system. Moreover, the changes involved the U of I and the 44 other libraries in the Illinois Library Computer Systems Organization (ILCSO), which three years ago voted to go en masse to the new system.

The new system was purchased from Data

Research Associates Inc. (DRA) of St. Louis, a leading supplier of library computer systems. With some 21 million item records, the ILCSO database is the largest library to date to be supported by a DRA system, a company spokesman said.

The new system "overall is performing as planned," said Susan Searing, chair of the Library's task force on user education and head of research and planning for user services.

Still, Searing said, a few "unanticipated glitches and quirks" have arisen, especially from data conversions. Some of the Library's heaviest users and "best customers" were declared delinquent on overdue items and were prevented from checking out books. Also, oversized books in one departmental library suddenly became "non-circulating," and some mystery locations appeared on the catalog. "These and other errors are being recorded and prioritized for remedying by the programmers," Searing said. "Many already have been fixed and the staff has devised creative 'work-arounds' for others." The new system is linked to the Library's electronic gateway at <http://www.library.uiuc.edu>.

"Once everything is fully up and running, the new system will offer an exceptional searching capability, with a seamless integration of electronic resources," Searing said, adding that after a second stage is launched, the U of I Library "will be at the forefront of its peer institutions."

Several large research universities, including Harvard University, "are tracking our experiences closely, so we are, in a sense, pioneers," she said.

Sander joins BAC as nursing education instructor

Rita Sander has joined the faculty of Belleville Area College as a full-time nursing education instructor on the college's Belleville campus.

A nurse specializing in trauma care for 27 years, Sander was the first trauma coordinator in St. Louis, having helped the state establish trauma rules and regulations.

She is a contributing author to the 1986 book, "Principals and Practices of Trauma Nursing," the first published book on trauma nursing. For the past year-and-a-half, Sander has worked at Barnes-Jewish Hospital in St. Louis as a supervisor. In addition to her clinical experience, Sander has been

an adjunct faculty member at the University of Missouri St. Louis and at St. Louis Community College. She has a bachelor's degree in nursing from Avila College in Kansas City and later

received a master's degree in nursing with a concentration in medical-surgical nursing from Southern Illinois University at Edwardsville.

She resides in New Baden with her husband, Edward.

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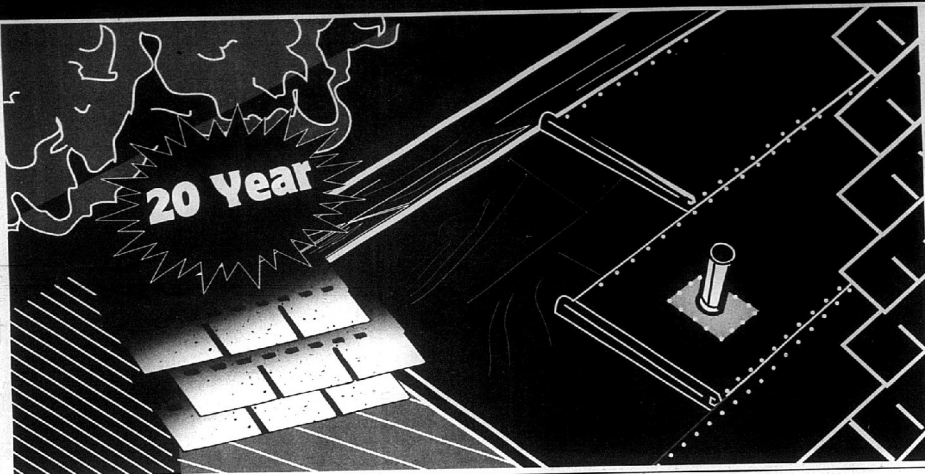
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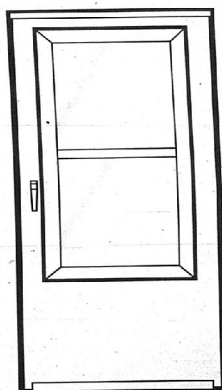
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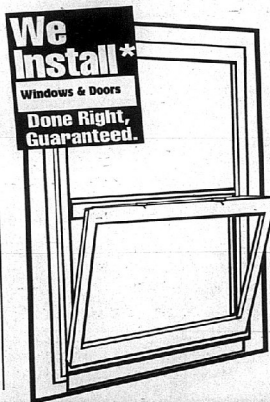
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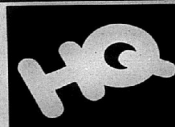
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O'Keefe joins Providence Health Services

Providence Occupational Health Services has added Timothy O'Keefe to its staff of health-care providers. He serves as an acute care specialist. O'Keefe received his medical education from Saint Louis University, is credentialed in internal medicine and is experienced in occupational medicine. Providence Occupational Health Services, an affiliate of St. Elizabeth Health Services, provides health care to more than 400 businesses, industries and corporations.

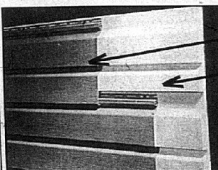
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Retirement planning is never finished



Jeff Prosser

A lot is written about planning for retirement. But what do you do when you get there?

Retirement planning is never finished. It begins with building assets, continues with helping them grow and winds up with preserving your investments and enjoying the fruits of your labor. Each phase requires vigilance and fine tuning.

Adjusting your portfolio for retirement ideally should begin about five years before you retire. Assets not protected by retirement tax shelters, such as employer-sponsored plans and IRAs, should be repositioned gradually to avoid immediate heavy tax burdens. Also gradual readjustment could help you avoid any large movements during a bad market.

When you're closer to retirement and in your retirement years, look for total return, or growth of principal combined with income. For example, a stock that pays a 3

percent dividend and appreciates 8 percent in value provides an 11 percent total return. Compare that to a bond or treasury security paying 5 percent interest. Fixed-income securities offer no bond opportunity for growth if held to maturity, so in this case, your total return is 5 percent. The reliability of fixed-income investments is important in retirement, but it's also important for your assets to grow. That 5 percent return won't buy as much five years from now as it does today. Only through growth will you be able to keep up with inflation.

Another consideration as you begin retirement is to have a cash cushion to get you through at least one year without disturbing your investments. This lets you new ones, grow before you tap them for regular income.

How much income you can reasonably expect in retirement depends on the amount of money you have, how much income you need and how much risk you're willing to take. For example, assume a couple with a nest egg of \$500,000 distributes their assets among a variety of investments. Five percent, or \$25,000, in a money market fund paying 4 percent would yield them \$1,000 annually. More important, they have immediate cash for emergencies.

The couple could invest 35 percent of the total, or \$175,000, in a diversified portfolio of high-quality bonds. A 6 percent return would net

them \$10,500 in income. The remaining 60 percent, or \$300,000, could go into a professionally-managed stock mutual fund providing competitive total returns. Withdrawing 6 percent from the total return could add \$18,000 to this couple's income, for a total of \$29,500. If the fund's total return is more than 6 percent, the excess can be reinvested to keep the couple's principal growing. This is just one example. Check with your investment representative for suggestions and hypothetical examples of how different funds have performed during a variety of market conditions.

A careful balance of prudent risk, distribution of assets and appropriate investments is the formula for a financially-sound retirement. Your investment representative should help you devise a formula that will work for you.

Jeff Prosser is an investment representative with Edward Jones in Granite City.

Squires speaks about steel company's impact

Jim Squires, Granite City Steel's top executive, was the featured speaker at the Council of Owners and Construction Associates quarterly meeting in September.

A native of Granite City, Squires started his career at Granite City Steel in 1956 as a laborer in the blast furnace. He rose through the ranks, becoming the first Granite City-born employee to hold the top management position at

the company. "Jim's broad-based experience in the industry and his personal history of working in both the union and management positions gives him the ability to relate well with the entire workforce," said Dan Magruder, executive director of COCA.

Squires' presentation focused on the economic impact Granite City

Steel has had on the Metro-East area. The 100-year-old steel mill employs more than 3,000 people and has a monthly payroll of more than \$14 million. In 1998, Granite City Steel paid \$5.4 million in property taxes.

Squires emphasized that the company's management is committed to maintaining a viable, secure business in the increasingly competitive steel marketplace.

"We have a total economic impact of \$1.6 billion annually on this area, and it would be devastating if the plant closed. I want to see Granite City Steel continue making contributions to the economy

for many years to come.

To help secure its position in the market, the Granite City Division is working on forming partnerships with other producers. Squires said Construction is underway currently for a joint venture company called National Robinson LLC — between Robinson Steel and National Steel.

In addition, Midwest Metal Coatings LLC is scheduled to begin operating later this year. Both new local companies will use hot band coils from Granite City Division.

"It's very important that we actively pursue new ventures and work hard for the creation of jobs," he said after covering potential major improvements that may be made to the mill during the next five years.

From 1989, the company spent more than \$500 million in significant capital expenditures. Putting money back into the facility is essential for future growth, he said.

More than 100 COCA members attended the meeting, held at the student center at Southern Illinois University at Edwardsville.

Joy named Scott VP

Scott Credit Union, the largest credit union in the Metro East, recently hired Barbara Joy for its newly-created position of vice president, member services.

Prior to joining Scott Credit Union, Joy served as vice president and manager of the O'Fallon and Belleville banking centers for NationsBank. Joy has a bachelor of science degree in accounting and computer management from Eastern Illinois University in Charleston.

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Pumpkin Painting Contest Saturday October 17 at 11:00 a.m.!

Horoscope

WEDNESDAY, OCT. 14
Mercury, Venus and the sun in its last day of Virgo have everyone focusing on organizing his or her life. The moon stationed in Libra favorably aspects Mars in Leo, bringing a heightened appreciation for music, beauty and the fine arts in general. Enjoy your favorite CD while you clean out your closet and balance that check book.

ARIES (March 21-April 19). It is not worth your breath to fight over money — concerntrate on making more instead. Start thinking about your future more seriously — even a vague plan is better than no provision at all.

TAURUS (April 20-May 20). Learn better communication skills, and large commissions are yours. A lover introduces you to a new way of living. Match spending habits with extra work. A pet is bored and could use an animal friend.

GEMINI (May 21-June 21). Experiment with new media, and you'll find a hidden talent. Family members are more likely to kick in money for pet projects now. Hold a flaky friend to that promise, date or time.

CANCER (June 22-July 22). Leave travel plans open-ended, and you have room to be spontaneous. A grueling examination or application process draws to a close. Get a second opinion on medical matters. Scorpio advisers are lucky.

LEO (July 23-Aug. 22). If you want to attract that strong, gorgeous prospect, exhibit your own strength and com passion. Fight the temptation to procrastinate; once you begin, the battle is half over. Celebrate before you have a reason!

TODAY'S BIRTHDAY (Oct. 14). This should be a year of realization! Your relationships take remarkable strides toward increased passion, warmth and intimacy. You are so helpful in October, there is hardly a problem you can't solve. November and December are lucky for love, but don't introduce family to a new lover just yet. January brings a magical introduction that could positively change your life.

EHS hosting fall craft fair in November

Edwardsville High School's annual fall Craft Fair will be Nov. 14-15. The craft fair has expanded this year, but there are a few spaces remaining. All merchandise



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LIBRA (Sept. 23-Oct. 23). Avoid dredging up old arguments — life is too exciting to live in the past. Organize your self in preparation for work, even if you think you can wing it. Unexpected complications don't have to catch you off guard.

SCORPIO (Oct. 24-Nov. 21). This is no time to joke around — doing so could lead you to a compromising situation. Financial experts are not right all the time, so use additional sources. A relaxation may lead to romance. Develop a talent for the sake of doing so, not just for potential income.

SAGITTARIUS (Nov. 22-Dec. 21). A spontaneous gift strengthens a relationship. Put yourself in someone else's shoes before passing judgment. There's money to be made in home business you've been considering.

CAPRICORN (Dec. 22-Jan. 19). Those who questioned your innocence can be convinced of it today. Make a new rule for yourself, and live by it. You are a star if you can help a relative sort out a financial tangle.

AQUARIUS (Jan. 20-Feb. 18). Rest is part of being a strong, successful person, so don't feel guilty! In fact, relaxation may lead to romance. Develop a talent for the sake of doing so, not just for potential income.

PISCES (Feb. 19-March 20). You are luckier in love when you are honest; just be your self. Enthusiasm on the job will ignite a competitive spirit among co-workers. When others forget, your memory serves you well.

must be handcrafted, and participating crafters must have made at least 50 percent of all wares presented. For more info, call at 656-9184.

2 films to debut at St. Louis festival

Timothy Hutton, who makes his debut as a director with "Digging to China," and Adam Arkin, star of "With Friends Like These," will introduce their films to St. Louis at a grand opening night kick-off of the 7th Annual St. Louis International Film Festival, which starts Oct. 29 at University City's Tivoli Theatre. Tickets for the evening at the Tivoli, which include both films, are \$10, are available through Metrotix or by calling the Festival office at 367-FEST.

The Festival, which will run through Nov. 8, will screen more than 100 features, documentaries, and shorts in several venues throughout the area. All films will be having their St. Louis debut during the festival except for the vintage films that are part of "A Separate Cinema."

On Nov. 6, Ossie Davis and Ruby Dee will lead one of the series of panel discussions that will take place along with the poster exhibit and film screenings of "A Separate Cinema,"

which features films made between 1915 and 1965 with black talent for black audiences.

"We are pleased that film personalities of this stature are coming to the St. Louis Festival," says Delcia Corlew, managing director.

"We have grown, in just six years, from a fledgling festival to a respected player among film festivals throughout the country."

Timothy Hutton won an Academy Award with his feature film acting debut in Robert Redford's "Ordinary People" in 1980. He has continued to gain respect as an actor. "Digging to China" was introduced this year at the Telluride International Film Festival, where it was greeted with critical acclaim.

Adam Arkin is perhaps best known as Dr. Aaron Shutt on the critically-acclaimed CBS series "Chicago Hope," for which he has been nominated

for an Emmy. This extremely versatile actor has also established himself in dozens of other television, film and stage roles, and has been nominated for a Tony Award for his work on Broadway.

The St. Louis International Film Festival is a not-for-profit organization that emphasizes film as an art form. Its mission is to enhance cultural diversity by bringing American independent productions, horizon-expanding international films and mainstream studio films to audiences prior to their commercial release. All films and scheduled appearances are subject to change.

Out-of-town visitors may inquire about various travel packages by calling (314) 454-0042 or by visiting the Festival's homepage. For more information regarding the Film Festival, contact (314) 367-FEST (3378) or visit the Festival's homepage at www.sliff.org.

Find killer at BAC mystery dinner theatre

Play detective and figure out "whodunit" while enjoying dinner at Belleville Area College's 1998 Mystery Dinner Theatre.

Scheduled for 6 p.m. Oct. 24, "Murder at the Haunted Mansion" will feature a murder mystery written and performed by actor and comedian Kevin O'Brien. The program will be in the cafeteria on the Belleville Campus, 2500 Carlyle Ave. It is sponsored by the BAC Activities Board and the Office

of College Activities. O'Brien has performed throughout America and at military bases in Korea, Japan and Australia. He performs regularly at the Mount Pleasant Winery in Augusta, Mo., and on board the "My Old Kentucky" dinner train in Bardonia, Ky.

In this year's show at BAC, audience members will be assigned identities when they arrive. Some will be given their own lines and will be encouraged to improvise

during the program. Audience members become suspects in the mystery unfolds around the murder of Pansy Worthington, wife of millionaire Roger Worthington. Pansy continues to make her presence known even after her demise. The seance in the second act promises to reveal clues that will lead to the murderer, or murderers. A prize will be awarded to the first guest to figure out the mystery. The menu for the evening includes appetizers, salad,

dinner rolls, roast turkey, carved cranberry ham, mashed potatoes and gravy, seasonal vegetables, and choice of pumpkin, pecan or apple pie. The cost is \$16 for general admission and \$15 for senior citizens and students. Ticket reservations are required, and the deadline is Oct. 19. For information, call 235-2700 or (800) BAC-5131, Ext. 205.

Fred Clark will play 2 shows in Metro East locale

Singer/songwriter Fred Clark will appear live in concert from 8:30 to 11 p.m. Saturday at Pacific Coast Coffee Company, 6948 W. Main St., Belleville.

Clark will be accompanied by Steve Koritka for these acoustic performances. Clark will be performing favorites from his CD, "Just Another Day," as well as songs from his upcoming CD, "American Porch Music."

Clark will perform with his full band from 7 to 10 p.m. Friday at Borders Books, Music and Cafe, 6801 N. Illinois, Fairview Heights. Special guest will be Jim "Pops" Farrar.

Members of the Fred Clark

Band include Clark on guitar and vocals, Koritka on bass and vocals, Gary "Rocket" Austin on guitar and vocals and Bill McKean on percussion.

For more information, call Pacific Coast Coffee Company

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50,000 MILE All Season Radial Whitewall

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SIZES 13" 4 For	SIZES 14" 4 For	SIZES 15" 4 For
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\$54 each
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Fits: Geo, Corolla

GENERAL G4S

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P205/65R15 Blackwall
Fits: Ford Taurus

Firestone FR 680-02

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Fits: Ford T-Bird, Cougar, Buick Century

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\$84 each
P235/75R15 Outline White Letter
Fits: Chevy Blazer

Firestone Wilderness or ATX II

\$84 each
P235/75R15 Outline White Letter
Fits: Ford Explorer

Firestone Wilderness HT

\$82 each
P235/70R16 Blackwall or Outline White Letter
Fits: Ford F-150

DUNLOP Grand Trek

\$99 each
P265/70R16 Blackwall
Fits: Toyota 4 Runner

BFGoodrich Long Trail T/A

\$119 each
P245/75R16 Outline White Letter
Fits: Chevy Tahoe

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Entertainment Movie schedule

Film timetable for Wednesday, Oct. 14. For times on other days or to confirm these times, check local theaters.

AVALLON
4225 S. Kingshighway, 352-2424
Dr. Dolittle (PG-13) 7:00
Lethal Weapon 4 (R) 9:00

CHESTERFIELD
595 Chesterfield Mall, 532-0155
Urban Legend (R) 5:30, 7:40
Saving Private Ryan (R) 4:45, 8:00
There's Something About Mary (R) 5:20, 7:45
Holy Man (PG) 5:00, 7:30

CLARKSON & CINE
1705 Clarkson Road, 622-4900
What Dreams May Come (PG-13) 5:00, 7:45
Antz (PG) 5:05, 8:05
Night At The Roxbury (PG-13) 5:20, 8:10
Rush Hour (PG-13) 5:10, 8:00
Ronin (R) 5:15, 8:25
One True Thing (R) 5:15, 7:40

CARMIE PETITE
170 and Hwy. 157, Collinsville, Ill. 344-1708
Urban Legend (R) 7:20, 9:40
Rush Hour (PG-13) 7:00, 9:15
Ronin (R) 7:05, 9:35
Disturbing Behavior (R) 7:10, 9:10

CRESTWOOD PLAZA 10
248 Crestwood Plaza, 668-8500
Holy Man (PG) 1:50, 5:40, 8:00
What Dreams May Come (PG-13) 1:30, 5:40, 8:20
What Dreams May Come (PG-13) 2:15, 7:35
Simon Birch (PG) 1:45, 5:45, 8:15
Ronin (R) 2:05, 6:00, 8:30
One True Thing (R) 2:00, 5:30, 8:10
The Parent Trap (PG) 1:40, 5:55
Blade (R) 8:30
Blade 2 (G) 1:35
Mask Of Zorro (PG-13) 5:30, 8:20
Next Stop Wonderland (R) 1:55, 8:20
Ever After (PG-13) 5:35
There's Something About Mary (R) 2:10, 5:50, 8:25

CREVE COEUR CINE
10570 Old Olive Street Road, 822-4900
One True Thing (R) 4:10, 7:10
What Dreams May Come (PG-13) 4:00, 7:00
Ronin (R) 4:15, 7:15

DES PERES 14 CINE
Manchester & 1270, 822-4800
Urban Legend (R) 1:00, 4:10, 7:05, 9:10
Simon Birch (PG) 1:20, 5:10, 7:50
One True Thing (R) 1:10, 5:30, 8:45
Antz (PG) 1:00, 5:45, 8:20
Antz (PG) 2:00, 4:45, 7:20, 9:20
Holy Man (PG) 1:30, 4:00, 7:00, 9:25
Ronin (R) 2:30, 7:10, 8:10
Strangeland (R) 5:00, 9:25
Saving Private Ryan (R) 2:15, 8:15
Night At The Roxbury (PG-13) 1:50, 4:20, 6:45, 9:00
Rush Hour (PG-13) 1:45, 4:30, 7:00, 9:15
What Dreams May Come (PG-13) 1:15, 4:15, 7:20
What Dreams May Come (PG-13) 2:15, 5:15, 8:30
There's Something About Mary (R) 1:50, 5:20, 8:15

KIRKWOOD CINE
328 S. Kirkwood Road, 965-1161
What Dreams May Come (PG-13) 5:00, 7:15, 9:30
One True Thing (R) 5:00, 7:30, 9:50

HI-POINTE
1001 McCausland, 781-0800
Check theater for shows and times

KIRKWOOD CINE
328 S. Kirkwood Road, 965-1161
What Dreams May Come (PG-13) 5:00, 7:15, 9:30
One True Thing (R) 5:00, 7:30, 9:50

NU-TAN TANNING SALON
931-4002 (Tanning Packages Available)
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Pedicures
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10% OFF
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(MUST SHOW COUPON)

Eden Village
400 S. Station Road, Glen Carbon 288-5014

Sometimes, an apple a day is just not enough.

When round-the-clock nursing care becomes necessary, Eden Care Center has just what the doctor ordered.

We offer individualized therapy programs for rehabilitation to help patients achieve their maximum level of independence and go home again. We provide programs with specially trained staff to care for residents struggling with Alzheimer's. For those who are more self-sufficient, we have intermediate care accommodations. And, we have 40% more nurses than the state requires, each committed to providing compassionate medical care. Cutting to the core, we focus on specialized, individual attention for special individuals.

Eden Village
400 S. Station Road, Glen Carbon 288-5014

Eden Care Center is a division of Eden Village, a not-for-profit organization affiliated with Eden United Church of Christ. Eden Village also provides Apartments and duplex homes for the active and independent senior.

EASTGATE CINE
Eastgate Plaza, E. Alton, Ill. 254-5259
A Night At The Roxbury (PG-13) 4:30, 7:30
What Dreams May Come (PG-13) 4:10, 7:10
Antz (PG) 5:00, 7:10
Holy Man (PG) 4:00, 7:00
Urban Legend (R) 4:40, 7:10
Rush Hour (PG-13) 4:20, 6:45

COTTONWOOD EDWARDSVILLE CINEMA
Edwardsville, Ill., 656-6390
Blade (R) 7:00
Dead Man On Campus (R) 7:15
Armageddon (PG-13) 6:45

ESQUIRE CINE
6705 Clayton Road, 781-3300
Strangeland (R) 1:00, 5:30, 9:45
Permanent Midnight 3:05, 7:40
Urban Legend (R) 1:40, 5:45, 7:55, 10:25
Rush Hour (PG-13) 1:20, 3:30, 5:55, 8:15, 10:35
Rush Hour (PG-13) 2:00, 5:10, 7:30, 9:50
Night At The Roxbury (PG-13) 1:30, 3:30, 5:40, 7:45, 9:55
Antz (PG) 1:10, 3:15, 5:25, 7:20, 9:30
Holy Man (PG) 1:50, 5:15, 7:50, 10:25

EUREKA 6 CINE
99 Illinois Village Center, 822-4900
Holy Man (PG) 4:50, 7:20
What Dreams May Come (PG-13) 4:30, 7:00
Rush Hour (PG-13) 5:20, 7:15
Urban Legend (R) 5:10, 7:10
Antz (PG) 5:00, 7:25
There's Something About Mary (R) 4:40, 7:05

GALLERIA 6
30 St. Louis Galleria, 721-8722
Ronin (R)
Simon Birch (PG)
What Dreams May Come (PG-13)
Rush Hour (R)
There's Something About Mary (R)
One True Thing (R) Check theater for times

HALLS FERRY 14 CINE
2600 Target Drive, 822-4900
Rush Hour (PG-13) 1:30, 5:40, 8:15
Rush Hour (PG-13) 2:35, 4:40, 7:15, 9:10
Strangeland (R) 1:25, 5:35, 7:55
Why Do Fools Fall In Love (R) 1:20, 4:20, 7:30
Holy Man (PG) 1:20, 5:00, 7:20, 9:35
Halloween H20 (R) 1:30, 5:30, 7:30, 9:15
Antz (PG) 1:45, 5:00, 7:00, 8:45
A Night At The Roxbury (PG-13) 1:10, 5:10, 7:10, 8:55
Ronin (R) 1:00, 4:05, 6:45, 9:05
How Stella Got Her Groove Back (R) 1:15, 4:35, 8:20
What Dreams May Come (PG-13) 1:10, 4:20, 7:30, 9:30
One True Thing (R) 1:40, 4:15, 7:25, 9:25

HI-POINTE
1001 McCausland, 781-0800
Check theater for shows and times

KIRKWOOD CINE
328 S. Kirkwood Road, 965-1161
What Dreams May Come (PG-13) 5:00, 7:15, 9:30
One True Thing (R) 5:00, 7:30, 9:50

SHADY OAK CINE
Forsyth and Hanley Road, 727-2319
Saving Private Ryan (R) 4:30, 7:45

SHOWCASE 12 EDWARDSVILLE
6632 Center Grove Rd., 659-7469
What Dreams May Come (PG-13) 4:50, 6:50, 9:30
What Dreams May Come (PG-13) 4:20, 7:20, 10:00
A Night At The Roxbury (PG-13) 5:10, 7:40, 9:45
Antz (PG) 5:00, 7:00, 9:00
Urban Legend (R) 4:45, 7:30, 9:50
Rush Hour (PG-13) 5:20, 7:45, 10:10
One True Thing (R) 4:20, 7:15, 9:55
Simon Birch (PG) 4:00, 6:50, 9:20
Holy Man (PG) 4:15, 7:15, 9:45
There's Something About Mary (R) 4:50, 7:30, 10:05

TIVOLI
6350 Delmar, 662-1100
Check theater for shows and times

UNION STATION CINEMA
Union Station, 241-4444
Holy Man (PG) 1:00, 4:00, 6:45
What Dreams May Come (PG-13) 1:45, 4:30, 7:15
Rush Hour (PG-13) 12:30, 2:45, 5:00, 7:20
Rush Hour (PG-13) 2:15, 4:30, 7:00
Blade (R) 12:30, 2:45, 5:00, 7:20
How Stella Got Her Groove Back (R) 12:45, 3:30, 6:15
There's Something About Mary (R) 12:45, 3:45, 6:45
Urban Legend (R) 1:15, 3:30, 7:15
Ronin (R) 1:00, 3:45, 6:45
Why Do Fools Fall In Love (R) 1:00, 4:00, 6:45
Antz (PG) 1:30, 4:00, 6:30

VILLAGE SQUARE
100 Village Square Shopping Center, 855-1050
Small Soldiers (PG-13) 5:45, 8:10
Wrongfully Accused (PG-13) 5:50, 7:55
Lethal Weapon 4 (R) 5:30, 7:55
Mulan (G) 5:50
Armageddon (PG-13) 7:45
The Parent Trap (PG) 5:30, 8:05
Dr. Dolittle (PG-13) 6:50, 9:00

WESTPORT
910 Westport Plaza, 822-4900
Spanish Prisoner (PG) 5:15
Smoke Signals (PG-13) 7:15
R (R) 6:50, 7:00

LINCOLN THEATER
103 S. Main Street, 233-0123
Armageddon (PG-13) 7:00, 9:55
Lethal Weapon 4 (R) 7:00, 9:35
Small Soldiers (PG-13) 7:15, 9:30

NAMEOKI CINEMA
30 Nameoki Village, 877-6630
Ronin (R) 7:15
One True Thing (R) 7:00

O'FALLON 15 CINE
1320 Central Park Dr., O'Fallon, Ill., 822-4800
What Dreams May Come (R) 1:10, 3:30, 5:50, 8:20
What Dreams May Come (R) 2:15, 4:45, 7:15, 9:50
Urban Legend (R) 1:30, 3:30, 5:35, 8:10
Urban Legend (R) 2:30, 4:30, 7:00, 9:10
Ronin (R) 1:15, 4:05, 7:10, 9:50
Saving Private Ryan (R) 1:00, 4:00, 8:00
Simon Birch (PG) 1:35, 4:15, 7:05, 9:20
Blade (R) 5:30, 8:00
The Parent Trap (PG) 1:45
The Negotiator (R) 4:40, 7:45
At First Sight (R) 1:20, 4:20, 7:00, 9:40
One True Thing (R) 2:15, 5:00, 7:50
Holy Man (PG) 1:45, 4:30, 7:10, 9:45
Snake Eyes (R) 1:00, 3:10, 5:20, 7:55
Antz (PG) 1:00, 3:00, 5:15, 7:30, 9:30
Antz (PG) 2:00, 4:15, 6:30, 8:30

PLAZA FRONTENAC CINEMA
Plaza Frontenac, 994-3733
Check theater for shows and times

QUAD CINEMA
Belleview, Ill., 233-1220
What Dreams May Come (PG-13) 4:00, 6:45, 9:20
Holy Man (PG) 4:15, 7:00, 9:30
Rush Hour (PG-13) 4:45, 7:20, 9:40
Antz (PG) 5:00, 7:10, 9:10

ROXANA CINE THEATER
Roxana, Ill., 254-4444
Ever After (PG-13) 7:00

ST. CLAIR 10
50 Ludwig Drive, 388-8283
Halloween H20 (R) 1:50, 5:00, 7:15, 9:10
There's Something About Mary (R) 1:20, 4:20, 7:15, 9:15
Rush Hour (PG-13) 1:15, 5:45, 8:15
Rush Hour (PG-13) 2:00, 4:15, 7:00, 9:00
Strangeland (R) 1:20, 4:45, 7:30, 9:30
Rush Hour (PG-13) 1:15, 5:45, 8:15
Ever After (PG-13) 1:25, 4:05, 7:00, 9:30
Dr. Dolittle (PG-13) 1:30, 5:10, 7:05, 9:15
A Night At The Roxbury (PG-13) 1:45, 4:50, 7:15, 9:15
How Stella Got Her Groove Back (R) 1:40, 4:20, 7:10, 9:30

SHADY OAK CINE
Forsyth and Hanley Road, 727-2319
Saving Private Ryan (R) 4:30, 7:45

SHOWCASE 12 EDWARDSVILLE
6632 Center Grove Rd., 659-7469
What Dreams May Come (PG-13) 4:50, 6:50, 9:30
What Dreams May Come (PG-13) 4:20, 7:20, 10:00
A Night At The Roxbury (PG-13) 5:10, 7:40, 9:45
Antz (PG) 5:00, 7:00, 9:00
Urban Legend (R) 4:45, 7:30, 9:50
Rush Hour (PG-13) 5:20, 7:45, 10:10
One True Thing (R) 4:20, 7:15, 9:55
Simon Birch (PG) 4:00, 6:50, 9:20
Holy Man (PG) 4:15, 7:15, 9:45
There's Something About Mary (R) 4:50, 7:30, 10:05

TIVOLI
6350 Delmar, 662-1100
Check theater for shows and times

UNION STATION CINEMA
Union Station, 241-4444
Holy Man (PG) 1:00, 4:00, 6:45
What Dreams May Come (PG-13) 1:45, 4:30, 7:15
Rush Hour (PG-13) 12:30, 2:45, 5:00, 7:20
Rush Hour (PG-13) 2:15, 4:30, 7:00
Blade (R) 12:30, 2:45, 5:00, 7:20
How Stella Got Her Groove Back (R) 12:45, 3:30, 6:15
There's Something About Mary (R) 12:45, 3:45, 6:45
Urban Legend (R) 1:15, 3:30, 7:15
Ronin (R) 1:00, 3:45, 6:45
Why Do Fools Fall In Love (R) 1:00, 4:00, 6:45
Antz (PG) 1:30, 4:00, 6:30

VILLAGE SQUARE
100 Village Square Shopping Center, 855-1050
Small Soldiers (PG-13) 5:45, 8:10
Wrongfully Accused (PG-13) 5:50, 7:55
Lethal Weapon 4 (R) 5:30, 7:55
Mulan (G) 5:50
Armageddon (PG-13) 7:45
The Parent Trap (PG) 5:30, 8:05
Dr. Dolittle (PG-13) 6:50, 9:00

WESTPORT
910 Westport Plaza, 822-4900
Spanish Prisoner (PG) 5:15
Smoke Signals (PG-13) 7:15
R (R) 6:50, 7:00

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Suburban Journals

Society

Hospital stressing importance of mammograms

St. Joseph's Hospital of Highland will observe Breast Cancer Awareness Month this month by offering \$5 off mammograms, running advertisements and distributing fliers around Highland and surrounding communities.

According to the American Cancer Society, an estimated 43,900 people, 43,500 of them women, will die of breast cancer in 1998. In fact, breast cancer is the second major cause of cancer deaths among women, and the risk of breast cancer increases with age. Only lung cancer claims more women.

"Having worked in radiology for 30 years, I know how crucial mammograms are for women over 40," said Virginia Hemmen, mammographer at St. Joseph's Hospital. "The American Cancer Society tells us that early detection is the best opportunity to reduce breast cancer deaths. That makes mammography the most valuable weapon because

"We would like to remind them to get their mammograms and do their exams. The coupon they get with their mammogram is just another way for us to encourage them to have it done. It's such an important habit to get into."

Lori Bargetzi

it can identify abnormalities even before physical symptoms develop."

St. Joseph's will be partnering with Plaza Hair Designs of Highland to encourage women to obtain mammographies. Through Nov. 13, women who have mammograms done at St. Joseph's will receive a 50 percent off coupon for a haircut at Plaza. All women who visit Plaza during this time also will receive a breast self-examination shower card as an added reminder to examine themselves.

"We have so many women coming through here every

day, and this is a way for us to give something back to them," said Lori Bargetzi, owner of Plaza Hair Designs. "We would like to remind them to get their mammograms and do their exams. The coupon they get with their mammogram is just another way for us to encourage them to have it done. It's such an important habit to get into."

To schedule an appointment at St. Joseph's Hospital, call 654-7421, Ext. 2224.

Fall Clean-Up
tips from the experts atFRANK'S
NURSERY & CRAFTS

Where Beautiful Things Begin

How would you like to save yourself some work next spring? By performing a few tasks now, in the fall, you can create a fairly large chunk of leisure time in the spring.

If you do nothing now, your lawn will most likely need some extensive weeding, extra applications of weed killers and fertilizers. In other words, a lot of time spent on those tasks that could be spent at the ball game, playing golf or fishing.

Here's how to do a little fall lawn cleanup that'll take less time now than you'd spend in the spring.

Start out by raking the leaves that are shading your grass. Also remove fallen leaves from shrub and flower beds. Cut back any dead stems of perennials. Now, you're probably wondering how this will save time next year. It's quite simple. Grass normally grows quickly during the fall, storing energy for winter survival and spring greening. If the grass is shaded, it won't grow as fast or store as much energy. Next spring the lawn will be thinner and less able to compete with the inevitable weeds. And gardeners who don't take action now will be doing so come spring, and spending more time.

If disease- or insect-infested plant material is left lying around, you'll have to battle the same problems. More work. Picking up all the stuff now is the easy route.

Years ago, leaf disposal was easy. People raked 'em into a big pile and put a match to it. The aroma (or odor, depending on your point of view) was a ritual that smoke-signaled the entire neighborhood: Fall is here!

No more. Nowadays, many communities prohibit leaf burning. If you aren't sure about your local laws, definitely find out first. People don't take too kindly to leaf smoke where

it isn't supposed to be. There are numerous alternate leaf disposal methods, depending on where you live. But there's one excellent way that knows no city or county limits: composting.

Another way of getting rid of leaves is to put your mulching mower to use. Simply run over the leaves with the mower and it'll reduce them to a nice, fine winter mulch.

Raking leaves always produces one thing, regardless of how they're eventually disposed of. And that's leaf piles. They can pose definite hazards if left in the street. First of all, never drive your vehicle over a pile of leaves. Small children are attracted to the piles and could be hidden in one, completely out of view.

Secondly, never park your car on a pile of leaves. The catalytic converters on today's cars get mighty hot, after only a few minutes of operation, and they take a long time to cool off. Parking on top of leaves can cause the converter to ignite them, which could easily turn your prized set of wheels into something with much less appeal and value. Find a safe parking spot and you and your car will be happier.

That's about it. Spend a few hours cleaning up all the leaves and other stuff covering the lawn and come spring you'll be glad you did. Enjoy your extra time!

Shop any of these ten convenient Frank's locations

ST. CHARLES
4630 Hwy. 94 N. Outer Rd. (314) 926-8355
ST. CHARLES
5725 Harry S. Truman (314) 947-7148
BRIDGETON
12253 St. Charles Rock Rd. (314) 298-7667
OVERLAND
8901 Papp (618) 429-5155
NORTH COUNTY
11015 Old Halls Ferry (314) 355-8534
BALLWIN
15331 Manchester Rd. (314) 256-8777
KIRKWOOD
11325 S. Kirkwood (314) 821-8866
SHREWSBURY
125 Kennick Plaza Dr. (314) 962-9878
ST. LOUIS
4650 Lindbergh (314) 351-4310
FAIRVIEW HEIGHTS
110 Commerce Lane (618) 397-1251

Volunteers sought here

The Make-A-Wish Foundation is looking for volunteers.

The foundation is fortunate to have the services of a wide range of talented and dedicated people who donate part of their lives to assist in making the wishes of seriously ill children come true.

However, Norma Glazebrook of Alton, one of Make-A-Wish's most active volunteers and Wish Granters, said, "There are just not enough of us to go around in Illinois."

"We help children who want to go on a trip, who want to meet a celebrity, who want a shopping spree... or anything else they desire. And when you help this wish come true, it is the most rewarding feeling you can ever experience."

Make-A-Wish grants wishes for children between the ages of 2½ to 18 years of age who have life-threatening illnesses.

The St. Louis chapter serves a 48-county area, including 32 in Illinois. "The number of children we are serving in Illinois continues to grow, and there is a slim number of volunteers from this area to help serve them," Glazebrook said. "We have served children from as far away as Kennesaw, and our territory goes deep into Southern Illinois."

"We could not do the work we do without the volunteers," said David Ellington, special events and volunteer services coordinator for the St. Louis chapter. "It is a volunteer-driven organization. Our volunteers are the most

wonderful, giving group of people I've ever had the pleasure of knowing. I'm amazed at how much they give and how much they care."

Ellington said Make-A-Wish is the kind of organization that seems to easily attract people due to its mission of assisting children but still has a great need for more volunteers.

"People want to help kids, especially these kids. They are very special."

"We always need more volunteers, especially in Illinois. It's not like the need ever ends."

People need no special training or experience to benefit Make-A-Wish, Ellington said.

"There are many different ways to help. You can work directly with the kids as a Wish Granter, where you help set up a wish and see that it goes through," he said. "You can also be included in fund-raising, either by being on a fund-raising committee or by actually working at an event."

"The other ways are speaking on behalf of Make-A-Wish as part of our speakers bureau, helping with our marketing communications efforts or assisting with the volunteer program, or by working in our office. People may volunteer as much or as little of their time as they care to spare."

For more information on volunteering, call (312) 460-0090 (4673) or toll-free at (800) 548-5058.

Marriage licenses

The following marriage licenses recently were issued through the office of Mark Von Nida, Madison County clerk:

Sean Pierce and Christina Doney, both of Granite City.
Robert Pittman and Heather Evans, both of Granite City.
Ronald Raines and Stacie Connor, both of Wood River.
James Reeves and Karen Kabine, both of Madison.
Brent Richmond and Michelle Berland, both of Madison.
James Schantz of Meade and Virginia Donovan of Collinsville.
Stanley Schilling and Linda Heitzman, both of Wood River.
Darrell Shimmich Sr. and Paula Rhodes, both of South Roxana.
Terry Shockley of Hartford and Arrly Zagar of Wood River.

Jason Short and Karla Davis, both of Wood River.
James Sido and Lissa Jacobs, both of Wood River.
Calvin Smith Jr. and Cherra Bradford, both of St. Clair.
Andrew St. Clair and Stephanie Basden, both of Wood River.
Everette Stauffer of Wood River and Deborah Richardson of Granite City.
Jeffrey Stephens and Stacie Kennerly, both of Granite City.

Mark Strehl of Florissant, Mo., and Candice Kesler of Granite City.
Guy Ward and Dawn Segawa, both of Granite City.

James Webb Sr. of Madison and Sandra Jolly of Granite City.
James Wing of Indianapolis Ind., and Valerie Perry of Granite City.

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Today's Food

Today's Food on-line, www.yourjournal.com



Hearty Bites

Quest to be perfect

can leave gaps

See Page 2

Food & Nutrition

Wise Ways

Wait to feed honey to infants until they are at least 1 year old. **INSIDE**

Blue Ribbon Cook

Different folks choose different birthday feasts. Egg rolls are the food of choice served by one dad. **INSIDE**

Test Run

Hand-held pastries are new favorites any time of day. Pillsbury has a new one full of traditional flavor to appeal to on-the-go folks who might skip breakfast. **INSIDE**

Micro Raves

Cooking for centuries has been leading to a culmination: a quick dessert from a microwave oven. **INSIDE**

Lively Taste

Poach turkey tenderloins and sliced apples in apple juice or cider. Toss lightly with sweet-and-sour sauce. Serve over cooked rice or noodles.

Health & Fitness

Medicine Chest

Reputable drug information from the United States Pharmacopeia can be found on the Internet at www.mayoclinic.com/usp/di/usp_aa.htm. The site contains information on how the drug works in people of various ages, side effects, dosage, precautions, products and what to do for missed doses.

Fresh Picks

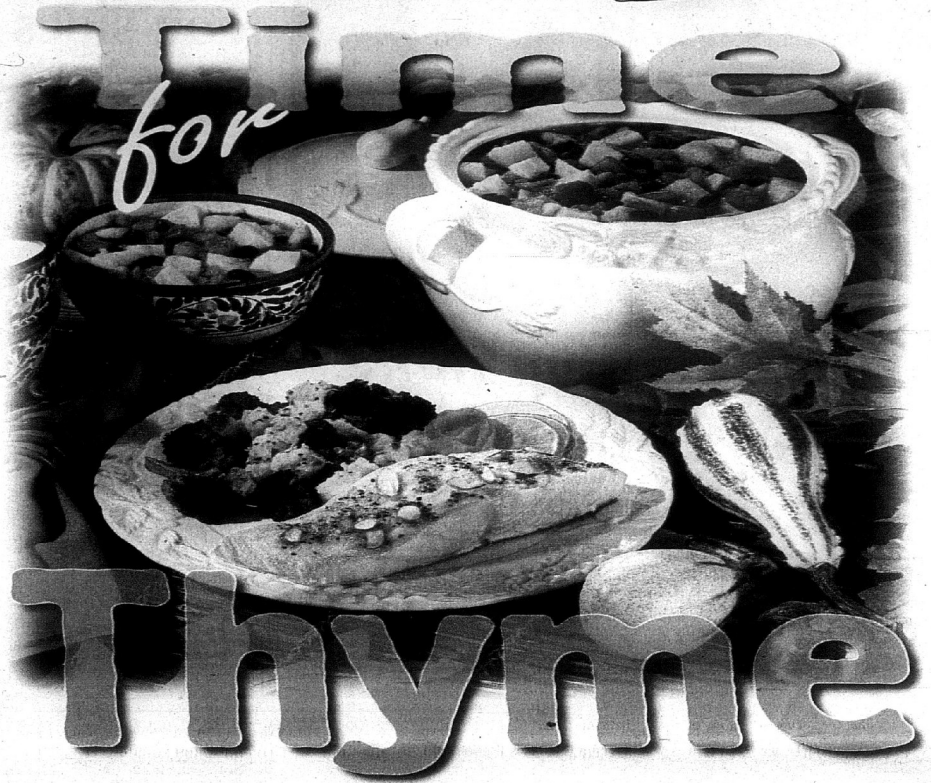
Broccoli moves this week from 'Future Shop' (Aug. 19) to 'Fresh Picks.' It comes to local produce departments from Mann Packaging Co. A cross between Chinese kale and broccoli, delicate broccolini can be used from stem to its stem, the floral portion. As it grows, each plant is pinched back by hand so the sprouts produce a single flower bunch at the end of a slender, tender stalk, then it is harvested by hand. Priced similarly to asparagus, its value is the entire stalk should be edible. It is promoted as being tender and delicious, whether it is microwaved, blanched, steamed, poached, sautéed, grilled or baked. To cook it directly over a flame, the flowery end should be wrapped in aluminum foil to avoid charring.

Big Fat Tip

While sometimes ethnic food is attacked because it supposedly is unhealthy, the fact is every cuisine has dishes that are better for a person. For instance, Italian white sauce adds lots of fat to a meal. Focus on red sauces, primavera with lots of fresh vegetables and without cream, piccata that emphasizes lemon flavor instead of pre-fried meat, preparations that feature grilling and ingredients that include crushed or sun-dried tomatoes. In Chinese food, steaming is an optimum choice for both vegetables and rice. 'Jum' means poached, 'kew' means roasted and 'shu' signifies barbecued. 'Braised' on Chinese restaurant menus often means food first is breaded and fried.

Future Shop

Today's good-for-you foods don't just remove what is harmful, but add what is healthful. Most products claiming to add energy are bars; some are drinks. They come with two intents, to replace meals or to use as snacks. The purpose can determine the rest of the nutrition profile, such as the number of calories and amount of fat, protein and carbohydrates.



Needed:
Healthy
dose of
seasoning

By Janice Denham
Staff writer

It pays to be realistic. Seasonally cool mornings are perfect for pulling up a blanket and catching a few warm winks, rather than pulling on the bicycle pants and walking shoes. The appetite moves, too, straight from the lightness of a grill to be replaced by taste buds that want more, more and more hearty food.

The incentive to get out and move lies within the heart and soul, but the appeal for eating foods with fancy and fullness nests in the ability to fine-tune flavors and perk up their hearty aspects.

Much of today's interest in wise eating is summed up in eating more vegetables, fruits and grains and investing in satisfying, sensible portions that do not edge a body toward overload.

Spices enhance foods of choice. This time of year vegetables joust with color and flavor, so seasonings must stand up to the challenge.

Manning the line with healthful eating choices is a preference for less salt. Add a desire to use less solid fat. The resulting spotlight features using a lineup of salt-free seasonings and flavorings.

Here are ideas for using handy individual herbs. Keep dried herbs in a cool, dry location out of bright light. Replace them

in about a year for best potency. Crumble dried herbs just before using them to release their essence.

Basil: Old-fashioned sweet basil, still queen of the varieties, is what comes in bottles on the spice shelf. Besides using it with Italian foods, in pesto, egg or cheese, meat or vegetable dishes, try it in potato salad, add it to water when poaching fish or vegetables or layer it like a thin lettuce leaf on a sandwich.

Bay: Bay is indeed noble. Add a leaf to almost anything, particularly a meat dish, that is stewed or cooked a while. Crack the dry leaf, rather than mincing it. Remove it before serving the food.

Dill: Traditionally known for pickles, its seed, flavorfully stronger than its feathery foliage, gives mild spice to slaw and sauerkraut, biscuit dough, potatoes and soup or cooked vegetables.

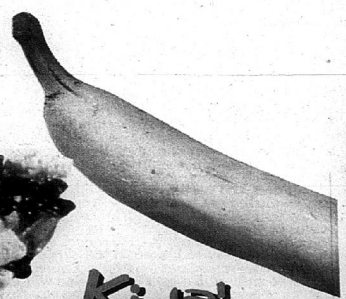
Parsley: More than a sprig alongside steak, its stalks hold more flavor than the leaves. Try it with onion and/or garlic and use in cheese dishes.

Oregano: This may be the strong flavor and aroma emanating from pizza. A little goes a long way. In addition to its use in Italian foods, it can be rubbed over beef or chicken before roasting or added to quiche or another egg dish. It is good to mix oregano

See THYME, Inside TODAY'S FOOD Page 2

Hairy Bananas

On plate, mix together 1/4 cup crushed vanilla wafer cookies, 1/4 cup crushed dry cereal and 3 tablespoons chocolate mini chips. Spread each of 3 bananas with 2 teaspoons peanut butter. Roll banana in chocolate mixture, pressing ingredients onto peanut butter. Wrap individually in plastic wrap. If desired, place in lunch box or bag.



Kids' Cuisine

Today's Food



The aroma of something from the toaster is a hard invitation to refuse in the morning.

Toaster pops up more than bread at breakfast

The aroma of pastry comes from the toaster, inviting the breakfast-skipper or breakfast-lover to say, "Did somebody say Toaster Scrambles?"

TEST RUN

Test Run tasters first were attracted by the aroma of the new frozen product from Pillsbury.

"I liked the pastry smell through the office the best," a tester said.

Two varieties were tested. Both had cheese and egg, one also included bacon, in a crust that became crisp when heated in a toaster. A package of six costs about \$2.50. There are in each of two sleeves, which can be refolded to store the remainder. With a medium-high setting a single toaster cycle was sufficient for most of them to be hot and done; on a lighter setting it took two cycles.

The pastry with bacon has 180 calories, 360 milligrams and 12 grams fat, the one without bacon slightly less.

"These were rather buttery and moist on the inside," a tester said.

Comparing them to McDonald's McMuffins, he found the toaster items focused more on the

cheese, egg and bacon inside, instead of providing a thick bread product, like an English muffin. Their moistness left him less in need of something to drink than the fast food example.

The one with bacon got higher marks. "I had the cheese, egg and bacon scrambles, and the ingredients were prominent in that order. It was rich, greasy, but very tasty," a tester said.

Another who had them, as well as the third variety with sausage instead of bacon, at home, liked them because they are "very quick and easy to make, an essential factor in the early morning."

He buys them for his multi-aged family, because they are different from other breakfast products. He considers their crispy exterior unusually good.

Several were surprised at the tastiness of the Toaster Scrambles.

"I admit I was a skeptic, but those were really good," a tester said. Another added, "I liked them better than I thought I would. They had a fresh taste and light texture."

The bacon flavor permeated the one variety, giving one year of its preference. The other one seemed to lack a

flavor focus.

"The cheese-only really didn't have enough egg or cheese flavor to overcome the pastry flavor," a taster said. She might keep the bacon variety on hand for an occasional quick breakfast.

Another said she couldn't decipher the flavor until it started to cool down and the filling took prominence over the exterior pastry.

Even those who felt the product was too rich to keep on hand lest temptation win out complimented the product for its pastry.

The juxtaposing of a rich pastry with savory filling was a surprise to some tasters. Small pieces of egg and bacon are surrounded by the soft, warm cheese, but the entire pastry stays intact.

"I think they're about the best ready-made breakfast on the go that isn't sweet. I've seen on the market. The stuff doesn't ooze out either, another plus you can't say for all breakfast sandwiches," a tester said.

She also appreciated the whole pastry staying hot as she ate it.

"You can't say that for a plate of bacon and eggs," she added.

Cooks should know pro, con sides of nonfat foods

By Terri Edelstein
Correspondent

Ice cream, chips, cheese and pastries sound like items on a menu for anyone wishing to develop heart disease — unless the items are nonfat versions. Nonfat foods fill grocery

store shelves, appearing in every form from cream soup to cream cheese Danish. While these items may help those limiting fat intake, they have some negative aspects, too.

Nonfat foods are not necessarily low in calories or sodium. In fact, extra sugar or salt may be added to make up for flavor lost by excluding fat. An Oreo and a Snackwell fat-free cookie, respectively, have 2.3 and 0 grams of fat, but about the same number of calories.

The flavor and texture of nonfat products may vary from the original. For example, fat-free cream cheese is more translucent and gelatinous than regular cheese. On the other hand, light cream cheese — actually neufchatel cheese with one-third less fat — is similar to regular.

Nonfat foods may cook differently. Fat-free cheese, for example, keeps its shape when heated instead of melting readily.

Fat-free items may cost more. The attributes of fat-free foods leads to nuggets of advice.

Do not expect fat-free and nonfat products to mimic their full-fat counterparts exactly. Keep an open mind and use them creatively. For example, mixing fat-free mayonnaise with fresh herbs makes a delicious sandwich spread, while the mayonnaise by itself may not be as tasty to some palates.

Some manufacturers have come to the same conclusion. More Snackwell products now qualify as low in fat, rather than fat-free, formulated with some fat for more flavor but again with similar calories.

Use them to help limit fat intake, but do not balance nonfat foods with other fatty ones. For instance, don't eat premium ice cream with fat-free cookies and expect all the ice cream's high-fat qualities to be negated. Like with any food, use fat-free products in moderation.

There is nothing magical about nonfat foods. Fruits, vegetables and grains are naturally fat-free. It is a good idea for most people to eat more of them, but they should not eat them exclusively.

This recipe for Surprise Wheaties Cookies comes from a recipe my mother-in-law used to make. Her version called for butter and coconut. I have substituted nonfat cream cheese and mayonnaise for the butter and oats for the coconut to create the surprise.

Terri Edelstein is a former member of the nutri-

tion committee of the American Heart Association, Greater St. Louis Division.

SURPRISE WHEATIES COOKIES

1/4 cup nonfat cream cheese
1/4 cup nonfat mayonnaise
1/2 cup brown sugar
1/2 cup granulated sugar
2 egg whites
1 cup uncooked oatmeal
1 cup flour
1/2 tsp. baking soda
1/4 tsp. baking powder
1/2 tsp. vanilla
1-1/2 cups Wheaties cereal

Preheat oven to 400 degrees. Coat baking sheets with nonstick cooking spray.

In large bowl, beat cream cheese, mayonnaise and sugars until creamy. Beat in egg whites.

In another bowl, stir together oatmeal, flour, baking soda and baking powder. Stir into creamed mixture. Stir in vanilla and cereal.

Drop dough by spoonful on prepared baking sheets. Bake in preheated oven 10 to 12 minutes until golden brown.

Yields 2-1/2 dozen; 61 calories, 1.5 g protein, no fat, no cholesterol, 13 g carbohydrate, 62 mg sodium and 0.6 g dietary fiber each.

Thyme

Continued from page 1.

with other flavors — such as a little olive oil, chopped fresh or sun-dried tomato, minced garlic and feta or parmesan cheese — to let it merge with subtlety.

Rosemary: It also needs a light touch. Rosemary frozen flat is easy to use by flipping loose the leaves. Dried, it is a tough little leaf to mince, which

is using it in its best form, but a scissors sometimes is a handy helper to do this. Traditionally, it is used with poultry and meat, particularly when a sprig is placed inside a chicken before roasting.

Sage: Sage is easy to grow, dry and use. It is the musty aroma that permeates Thanksgiving turkey dressing. Try a small amount in vegetable soup or a tomato dish.

Leaf sage is stronger than rubbed sage.

Thyme: Thyme is a perennial — in the kitchen, as well as the garden. There are many varieties, easily used with meat, seafood and vegetables. It is a major flavor in the liqueur Benedictine.

Information about herbs is from the "St. Louis Herb Society Cookbook."

CHEESY BROCCOLI GRATIN

4-1/2 cups day-old white bread, crusts removed, cut in 1/2 inch cubes
6 tbsp. cheese-flavored sprinkles
1 tsp. salt-free, extra spicy seasoning
1 tsp. prepared mustard
2 cups skim milk
2 pkg. (10 oz. each) frozen broccoli spears, thawed

Preheat oven to 400 degrees. Coat 13x9-inch baking pan with nonstick cooking spray.

Place bread in large bowl. Sprinkle with 4 table-spoons cheese sprinkles and 1 teaspoon seasoning. Toss to combine.

Dissolve mustard in milk. Pour over bread. Mix well. Let stand 5 minutes.

Arrange broccoli in bottom of pan. Pour bread mixture over broccoli. Sprinkle with remaining 2 table-spoons cheese sprinkles.

Bake in preheated oven 30 to 40 minutes until golden brown and bubbly.

BUTTERY PEPPER SALMON

1-1/2 tbsp. butter sprinkles
1-1/2 tsp. salt-free lemon-pepper seasoning
1/2 cup lime juice
1/2 tsp. water
1/2 tsp. honey
8 oz. salmon fillets
1-1/2 tsp. sliced toasted almonds, if desired

Combine butter sprinkles, lemon pepper, lime juice, water and honey.

Broil fish 6 to 8 inches from heat 5 minutes. Turn over. Spread with seasoning mixture. Broil 4 to 5 minutes longer.

Garnish with almonds. Makes 2 servings; 210 calories, 9 g fat, 60 mg cholesterol, 450 mg sodium, 6 g carbohydrate and 24 g protein each.

AUTUMN HARVEST STEW

2 tbsp. olive oil
4 cups peeled, seeded butternut squash, cut in 3/4 inch cubes
1-1/2 cups coarsely chopped green bell pepper
2 tbsp. salt-free garlic and herb seasoning
1/2 tsp. roasted garlic pepper
1 can (15 oz.) black beans, rinsed, drained
1 can (14.5 oz.) diced tomato
1 cup low-salt, fat-free chicken broth

In large heavy saucepan, saute squash and green pepper in hot oil 3 minutes. Stir in seasoning and garlic pepper. Cook and stir 30 seconds.

Stir in beans, undrained tomato and broth. Heat to boiling. Reduce heat. Simmer, covered, 12 to 15 minutes until squash is tender.

Makes 6 servings; 170 calories, 5 g fat, no cholesterol, 320 mg sodium, 28 g carbohydrate and 6 g protein each.

Baby's tummy needs time to learn to deal with honey

By Jananne Finck
Correspondent

While honey's natural sweetness is safe as a food for healthy, older children and adults, it is not recommended for infants less than one year old. According to the Centers for Disease Control and Prevention, a baby's tummy is not ready for honey.

Parents and caregivers are cautioned not to add honey to a baby's food, water or formula. Nor should they dip a baby's pacifier in honey or give it to a baby as medicine.

To be safe, it is a good idea to delay serving infants home-prepared foods made with honey until they are older. Even foods cooked or baked with honey should be avoided the first year.

The CDC and National Honey Board say honey may contain bacterial spores that can cause

infant botulism, a rare but serious disease that affects the nervous system of young babies.

Botulism spores are commonly found in dust, soil and uncooked foods. These same spores routinely come in contact with adults and children over one year of age, but normally do not affect them.

If a baby is too weak to suck or cry as usual, does not want to feed or cannot swallow, has weak arms, legs or neck, or suffers from constipation more than three days, it is showing symptoms of infant botulism and a doctor should be called immediately.

Babies under one year of age will have to wait a while before they can sample the wide array of vitamins, minerals and amino acids found in honey. This recipe with honey for a sweetener makes a quick muffin to share with older children and adults.

Registered dietitian Jananne Finck is nutrition and wellness educator

with the University of Illinois Extension at the Springfield Center.

HONEY MORNING MUFFINS

1/2 cup skim milk
1/4 cup honey
1 egg, beaten
2-1/2 cups reduced-fat baking mix
1/2 cup raisins or dried sweetened cranberries

Preheat oven to 400 degrees. Lightly grease muffin tins.

In medium bowl, combine milk, honey and egg. Mix well. Add baking mix and fruit. Stir until moistened.

Spoon batter into prepared muffin tins. Bake in preheated oven 18 to 20 minutes.

Makes 10 to 12 muffins; 169 calories, 2 g protein, 33 g carbohydrate, 3 g fat and 21 mg cholesterol each.

Today's Food

Birthday party food on a roll

Richard C. Martin, Mascoutah, Ill., is this week's winner of dinner certificates to the Pasta House Co. for Pain-in-the-Neck Egg Rolls.

and eye appeal.

EGG ROLLS

BLUE RIBBON COOK This is an annual treat for his daughter, Kathleen. He says the use of bean sprouts, rather than of cabbage, makes these egg rolls especially tasty. They are the focus of the birthday meal. Egg drop soup or "any stir-fried dish will do" on the side. He warns about his finding this year that egg roll wrappers must be used before their "use by" date. Martin recommends checking the date when they are bought.

This month is the annual call for cookie recipes. A single recipe for any type of cookie can be sent by Oct. 31 to: Cookie Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis 63131.

Each Wednesday in November a winner will be chosen on the basis of taste.

WISE WAYS CORRECTION

In the Wise Ways column last week, a phone number for the Herb Research Foundation in Boulder, Colo., had an incorrect area code. The correct number is (303) 449-2265. To receive a brochure about the foundation, a name and address can be left on its toll-free number, 1-800-748-2617.

NAPOLÉON TRAVELS INTERNATIONALLY

Puff pastry, the classic pastry of napoleons, was created in ancient Persia, passed along to the Greeks, then adopted by the French. There are several theories about how napoleons were named, but one premise is it is a variation of "Napolltan," a layered, tri-colored ice cream cake that is a specialty of Naples, Italy.

People in Denmark claim it was invented by a Danish

royal pastry chef to honor Emperor Napoleon's visit to the King of Denmark in the early 1800s.

The powdered sugar topping traditionally represents the snowy white robes worn by a 16th century religious order of women. The chocolate lines, it is said, form the letter "N" in recognition of the emperor.

The Swiss version of a napoleon is baked in a special oval pan with layers of cake and marzipan added to the puff pastry.

Save the best for last: sweets from microwave

By Sandra Hounsom
Correspondent

As long as people could record their history, they have talked about food. The Bible records St. John surviving in the desert on locusts and honey. It even

recommends the best insects to eat: grasshoppers and beetles. Cooking was discovered in the prehistoric age when Neanderthal man learned to control fire. It soon was learned this cooking process made indigestible foods edible.

Legend has it the Egyptian slaves' main diet was onions, radishes and garlic. By 3000 B.C., Egyptians were holding olives and olive oil sacred. Perhaps they knew even then that a Mediterranean diet was good for us.

Fast forward to 1000 A.D. when diets became rich in grain. Primitive food preservation techniques began, too. Salting and drying, as well as ice and snow, helped preserve food. Pasta was noted in the 5th century.

In 1493 Columbus found a wonderfully sweet fruit, then called "nana," meaning fragrance. This wonderful fruit, pineapple, finally was introduced to Hawaii in the early 1800s.

The first American cookbook was published in 1749 and, in 1789, George Washington was served ice cream at a dinner party hosted by Mrs. Alexander Hamilton. Who wouldn't want their first encounter with a bowl of ice cream historically dated?

Almost two hundred years later, modern technology speeded up cooking with the microwave oven. First used only commercially, it has become a necessity in today's busy households. Most young persons are taught to use the microwave before they learn to cook conventionally.

Few food items cannot be prepared in a microwave. Vegetables and fish steamed in microwaves are excellent. A potato cooks in 5 minutes without the wait or heating up a kitchen.

Most microwave users don't think they can attempt desserts in their oven, but here is a simple cake that will change their minds.

Home Economist Sandy Hounsom specializes in microwave cooking.

MICROWAVE PINEAPPLE DESSERT

- 1 can (16 oz.) crushed pineapple
- 1/2 cups mini marshmallows
- 1 box (1 layer) yellow cake mix
- 1/4 cup (1/2 stick) butter or margarine, melted
- 1/2 cup coconut
- 1/2 cup pecans

In 8-inch square glass pan, layer, in order given, pineapple, marshmallows, dry cake mix, butter, coconut and pecans. Microwave on high power 12 minutes until toothpick inserted in center comes out clean.

Recipe

JAPANESE STEAK SALAD

- Sesame Marinade and Dressing
- 1 lb. well-trimmed beef top sirloin steak (1 inch thick)
- 3 cups sliced napa cabbage
- 3 cups romaine lettuce, sliced in 1/4 inch ribbons

- 1/2 cup thinly sliced carrot
- 1/2 cup thinly sliced cucumber
- 1/2 cup thinly sliced radish
- 1 cup cooked rice
- 24 pea pods, dropped in boiling water 1 minute, then immediately in ice water, drained

Place beef in plastic bag. Add 1/4 cup marinade, turning to coat. Close bag securely. Marinate in refrigerator 2 hours, turning once. Remove steak from

Desperation Dinners!

Home-cooked meals for frantic families in 20 minutes flat.

by Beverly Mills & Alicia Ross

Dinner can be reckoned with easily at the last minute with a few cues from a couple of pros.

Last-minute dinner designed for cheers

It's that time of year again. Summer vacation is over, the kids are back in school and the next thing to do is look forward to easing back into a comfy cool-weather routine.

It takes about three days of that "comfortable" routine to realize the days are as full as ever — but they are getting shorter. By the time thoughts turn to dinner each day, everyone is already clamoring for a hot, home-cooked meal.

That's the time for a desperation dinner. It's easy to put together a

hot, healthy meal that tastes great in just 20 minutes. All that is needed are a few basic supplies and simple ingredients and the help of a 382-page cookbook, "Desperation Dinners."

To order by mail, send this article with a check or money order to: U-Bild Features, c/o Suburban Journals of Greater St. Louis, P.O. Box 2383, Van Nuys, Calif. 91409. To order by credit card, call toll-free 1-800-828-2453. The U-Bild web site is www.ubild.com.

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Date:
Friday, November 13, 1998

Information:

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Donald I. Serot, M.D.,
Orthopedic Surgeon
Co-Director, Arthritis Service of Southern Illinois

Judith Waller, M.D.,
Internist
Co-Director, Arthritis Service of Southern Illinois

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Today's Food



For breakfast brunch or lunch, give favorites feisty flavor.

Bulldoze plain flavors with great beef hash

Beef hash and baked potatoes do not sound like a culinary expedition, but wash them into a melting pot of cuisines and they become an adventure. The more adventurous can follow the itinerary for brighter flavors, while an armchair traveler may want to use a middle-of-the-road approach.

SHREDDED BEEF AND SAUSAGE HASH

- 2 cups shredded cooked beef, chopped (chuck preferred)
- 8 oz. fresh chorizo sausage, casing removed (or pork sausage)
- 1 tsp. oil
- 3/4 cup finely chopped green bell pepper

Baked Potatoes Mexicali is a quick way to top potatoes baked in a conventional or microwave oven.

Saute ground turkey until barely done. Mix in Mexican-style stewed tomatoes, diced green chilies and corn kernels. Season with jalapeno or hot pepper sauce, salt and pepper. Heat until the

- 3/4 cup finely chopped onion
- 3 cups frozen potatoes O'Brien, thawed
- 3/4 tsp. salt
- 1/3 cup beef cooking juices (or broth or bouillon)
- 3 tbsp. chopped fresh cilantro

Preheat oven to 400°. In large oven-safe nonstick skillet, brown sausage over medium heat 8 to 10 minutes, stirring occasionally to break into small crumbles.

mixture simmers. Serve it over split and fluffed, baked potatoes.

Shredded Beef and Sausage Hash is from James Blackwell, executive chef of the Hyatt Regency, Tampa, Fla. It was served at a National Beef Cook-Off. It calls for shredded beef and flavorful sausage — chorizo, a popular choice.

Drain on paper towels; pat top of sausage with towels to remove excess fat.

Wipe out skillet. Heat oil over medium heat until hot. Add bell pepper and onion. Cook and stir until tender. Stir in potatoes. Season with salt.

Add beef, sausage, cooking juice and cilantro to vegetables. Mix well. Firmly press down top of mixture. Bake in preheated oven 20 minutes.

ZESTY BLACK BEANS

Heat 1 tablespoon oil in skillet over medium heat. Cook and stir 2 cloves garlic, minced, in oil 1 minute.

Drain liquid from 1 can (15 ounces) black beans into bowl and set aside. Add beans to skillet. Cook 4 minutes. Stir 1 teaspoon cornstarch and 1 teaspoon

chili powder into drained liquid, then add to beans. Boil 1 minute. Season with salt.

Makes 6 servings.

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Understanding Alzheimer's Disease and Dementia

Memorial Hospital, in cooperation with the Alzheimer's Association, will present a program to help you identify the symptoms of dementia and Alzheimer's disease in comparison to the normal aging process as well as offer important information to family caregivers. The program will include:

Overview of Dementia and Alzheimer's Disease
Stephen Burger, M.D., neurologist

Legal and Financial Considerations
Kay Welch, attorney

ALZHEIMER'S ASSOCIATION

Alzheimer's Association Services
Heather Caudill, Outreach Coordinator

DATE, TIME, PLACE
Thursday, October 15, 1998
1 to 3 p.m.

Memorial's Auditorium

TO REGISTER

The program is free, however seating is limited. Reservations can be made by calling Memorial's Community Relations Department at 257-5649 or the Alzheimer's Association at 1-800-980-9080.



MEMORIAL HOSPITAL
4500 Memorial Drive
Belleville, Illinois 62226

Today's Food

Art of stuffing veggies results in colorful appeal

Every cook can use new ideas for preparing vegetables. Achieving the recommended five or more servings of vegetables and fruits each day is easier with a strong repertoire of varied, tasty recipes. Stuffed vegetables offer a savory solution.

While stuffed vegetables often appear as an appetizer or side dish, they also serve as a main dish, artfully packed with wholesome ingredients, including grains, poultry, fish, lean meat or even other vegetables. They provide an opportunity to use up leftovers.

Delight the family with big red tomatoes stuffed with spinach, mushrooms, a little turkey sausage for flavor and a sprinkle of grated, part-skim mozzarella cheese on top. Another main dish is roasted chiles stuffed with brown rice and pinto beans, then smothered in a low-fat chile sauce.

Potatoes are prime for stuffing. Cut the tops off slightly cooled baked potatoes. Gently scoop out the pulp, leaving 1/4 inch around the edges and bottoms. Fill with a mixture of diced steamed vegetables, such as zucchini, yellow squash, carrots, scallions, pepper, broccoli, corn or peas, seasoned with oil, salt and pepper. Bake again until heated through.

Stuffed peppers are a favorite in ethnic cuisines from the Balkans to Latin America. Peppers can be prepared with rice, vegetables, meat, bread crumbs, bulgur wheat or corn.

For a taste of North Africa, prepare a bell pepper stuffing from white rice, pine nuts, currants and chopped tomatoes, seasoned with dried mint, allspice and ground pepper.

When stuffing celery sticks, trade the cream cheese for an Eastern Mediterranean stuffing made with ground turkey, rice, cilantro and garlic.

Winter squash colors a flavorful stuffing.

Cut an acorn or butternut squash in half lengthwise, scoop out the seeds and stuff it until just tender.

Stuff with a mixture of cooked wild rice and sautéed mushroom, onion and celery, seasoned with parsley, thyme and chives.

Add toasted chopped nuts. Fill the squash cavities, cover with aluminum foil and bake until heated through.

Other popular vegetables for stuffing include tomatoes, eggplant, artichokes, onions and mushrooms.

Cabbage leaves make a tasty, handy wrapping for any favorite filler. So what is the line of attack?

Pick a favorite vegetable, decide on a stuffing, and the course is set for an easy-to-make, nutritious,

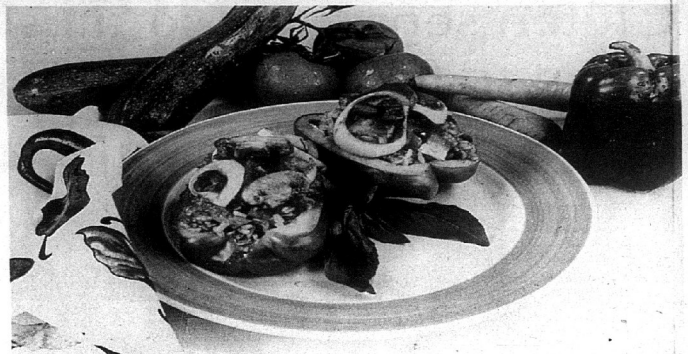
flavor-filled meal. This material is provided by the American Institute for Cancer Research.

PEPPERS STUFFED WITH VEGETABLES AND RICE

- 1/2 onion, diced
- 1 rib celery, diced
- 1 carrot, diced
- 1 medium zucchini, diced
- 1/4 cup water
- 1 tsp. salt
- 2 tsp. basil
- 2 tsp. thyme
- 2 cups canned, diced tomatoes
- 1 cup tomato puree
- 4 cups cooked brown rice
- 6 bell peppers
- 3 cups low-fat pasta sauce

In skillet, cook and stir onion, celery, carrot and zucchini in water. Add salt, basil and thyme until carrot is soft. Add undrained tomatoes and tomato puree. Simmer 5 minutes. Stir in rice. Preheat oven to 350°.

Cut bell peppers in half lengthwise. Remove seeds. Spoon filling into peppers. Arrange peppers in baking dish. Cover with pasta sauce. Bake in preheated oven 30 minutes. Makes 6 servings, 270 calories and 2 g fat each.



Put vegetables to good use as container for mellow rice mixture.

Recipes

CHICKEN SALAD WITH FRUIT

- 6 skinless, boneless chicken breast halves
- 1/2 cup chicken broth
- 1 tsp. tarragon
- 1 tsp. lemon juice
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1 head romaine lettuce, washed and dried
- 1 cup toasted cashews
- 2 ribs celery, finely sliced
- 4 green onions, finely sliced
- 1/2 cup seedless green grapes, halved
- 1/2 cup seedless red grapes, halved
- 1 cup fresh orange segments or 1 can (11 oz.) mandarin oranges, drained

- 1 cup fresh strawberries, sliced
 - 3/4 to 1 cup mayonnaise, mixed with 1 tsp. chopped tarragon and, if desired, 2 tbsp. Oriental salad dressing
- In microwave-safe dish, arrange chicken in triangular shape. Combine broth, tarragon and lemon juice. Pour over chicken. Cover with plastic wrap, venting one corner. Cook 9 minutes on high power. Let stand 5 minutes. Season with salt and pepper. Cool. Cut in cubes.
- In large salad bowl, tear lettuce in bite-size pieces. Add nuts, celery, onion, green and red grapes, oranges, strawberries and chicken. Toss with mayonnaise mixture. Serve well chilled. Makes 4 servings.

ITALIAN PORK CHOPS MOZZARELLA

- 8 boneless pork chops (1/2 inch thick)
 - 1 packet (from 2-packet, 6 oz. pkg.) seasoned coating mix for pork
 - 1 1/2 cups spaghetti sauce
 - 1 cup (4 oz.) shredded part-skim mozzarella cheese
- Preheat oven to 425°.
- Moisten chops with water. Shake off excess. Shake 1 or 2 pieces at a time with coating mix. Discard any remaining mix. Place in 15-by-10-inch jellyroll pan.
- Bake in preheated oven 15 minutes or until cooked through. Top chops with spaghetti sauce and cheese. Bake about 10 minutes longer until sauce is warm and cheese is melted. Makes 8 servings.

FENNEL AND ORANGE SALAD

Clean 2 fennel bulbs,

discarding tough outer leaves and cutting in thin vertical slices. Peel and slice 3 oranges crosswise.

On platter, arrange fennel alternately with orange. Sprinkle with salt and pepper to taste. Drizzle with about 3 tablespoons extra-virgin olive oil. Serve at room temperature.

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Today's Food

Gluten sensitivity sounds alarm to food with grains Convenience is track to win prize in '99 beef contest

By Janice Denham
Staff writer

Most people take hamburger buns, pizza crust and boxed cereals for granted. The 30,000 people in the U.S. who have celiac disease, whose small intestine does not absorb food's nutrients and minerals, don't have the luxury.

Sharon Biondo, whose son Jamie was diagnosed with it almost five years ago when he was 2½, said, "It took them 10 months to diagnose it. He almost died. It is hard to diagnose."

Once the foods he ate were monitored to filter out foods with wheat, oats, rye, barley, buckwheat and several other lesser known grains, he quickly became a different person.

"Until then it was extremely scary. When you see your child not growing... with a tummy constantly bloated so he looks like a child from a Third World country, you know bad things are happening," Biondo said.

As head of a local support group for those dealing with the disease, she gets "frantic" calls sometimes. She identifies with those feelings of denial and inadequacy for tackling the disease's challenges.

The fall gathering of the support group is a picnic from 1 to 3 p.m. Sunday at Love Park, 2239 Mason Lane, near Ballwin.

The tradition is that everyone brings a gluten-free food to share, preferably with copies of the recipe. Other quarterly

meetings are at St. Joseph Hospital of Kirkwood.

Fitting the foods into a family setting is a dilemma.

Biondo makes a separate pizza for Jamie when it is on the family menu. The crust is made of rice flour, milk, egg, cornstarch, xanthum gum, shortening and salt. She uses separate utensils for his food.

Of course, eating out is difficult. Chuck E. Cheese is a prime place, because the restaurant bakes a pizza brought from home on aluminum foil in its oven with wonderful results.

They can order at McDonald's: A patty straight from the grill that never touches a bun, plus french fries and a vanilla shake.

For now, those places work for the family, but Jamie's mom hopes the day will come when eating out becomes easier.

"With a more refined palate, you can bring your own salad dressing for salad and add foods from a restaurant that fit what is needed," she said.

As a meal provider in a cooking situation where it takes about three tries to work out a recipe that usually uses a grain "you try to focus on the positive," Biondo said.

Gluten-free foods made with rice, potato, corn, tapioca and soy usually replace other grains. At school Jamie has a bag of treats to sample when his class has a treat made with

an ingredient that makes him sick.

Celiac disease can become active at any age, from newborn to adult.

People of northern European ancestry are more susceptible. Often someone else in the family is similarly affected, although generations often skip.

So far, Jamie's 5-year-old brother, Dustin, shows no symptoms. When it starts at an older age, often something, like illness, triggers it.

"Years ago it was thought that if you had it as a child, you kind of grew out of it as a teen and got it back as an adult," Biondo said.

That idea has been replaced. Today it is thought unwise to abandon a gluten-free approach, to avoid increasing the chances of other diseases.

"If you cheat, it just makes it harder, for your body as well as mentally, because it occurs lifelong. It is best to stay away from foods that cause problems," she said.

For information about the local celiac support group, call Biondo at 225-3947, or come to the picnic Sunday.

Information also is available nationally by calling (402) 558-0600 or writing to: CSA/USA Inc., P.O. Box 31700, Omaha, Neb. 68131-0700.

Janice Denham is food editor of Suburban Journals.

One quick, easy and great-tasting beef recipe will earn \$40,000 at the next National Beef Cook-Off.

This is the total prize package that goes to the amateur cook who creates the best beef recipe using a convenient beef product as the main ingredient. Recipe entries for the contest will be accepted until Nov. 9.

At the 1999 National Beef Cook-Off — set to take place Sept. 24 and 25 next year in Omaha, Neb. — recipes will compete in two convenient beef categories:

1. Ground beef, specifically ground chuck or ground round.

2. Prepared beef, with the main ingredient limited to the following items:

- Refrigerated or frozen, fully-cooked beef products (branded products, but not store brands, are eligible), including heat-and-eat beef pot roasts, roasted prime rib, tri-tip, brisket, shredded beef and short ribs;

- Refrigerated or frozen, seasoned/marinated uncooked beef (branded products, but not store brands, are eligible), including marinated steaks, kabobs and seasoned fajita strips;

- Refrigerated deli beef (brand name and service deli products are eligible), including sliced deli roast beef, pastrami, corned beef and smoked all-beef sausage.

• Canned beef products or beef meal kits are not eligible for entry.

Some eligible prepared beef products may feature a "Cook-Off Ready" symbol on product packages or in promotional materials to help identify them.

Sixteen national finalists (eight in each category) will win an expense-paid trip to compete at the 1999 national event. A winner in each of the two categories will receive \$10,000, then vie for the "best of beef" title and an additional \$30,000 grand prize. Amateur cooks can enter recipes in both recipe categories.

To be eligible for the 1999 National Beef Cook-Off, contest entrants must be at least 18 years of age and residents of the U.S.

To receive contest rules and recipe entry information, call toll-free 1-800-848-9088 or send a self-addressed, stamped, business-size envelope to: NBCO Rules, Department 99, 444 N. Michigan Ave., 18th Floor, Chicago, Ill. 60611. Rules also are posted on the beef industry's web site — www.beef.org.

Recipe entries should be mailed to: National Beef Cook-Off Entries, P.O. Box 3240, Department DW1, Chicago, Ill. 60654. Entries by mail must be postmarked no later than Nov. 9 and received by

Nov. 13. Recipes e-mailed to beefcookoff@aol.com must be received by 11:59 p.m. (CT) on Nov. 9.

Here is a sample of a delicious, quick recipe that can be entered.

SIMPLE BEEF BURGUNDY OVER PASTRY SHELLS

- 1 pkg. (1 3/4 to 2 1/2 lb.) fully-cooked, boneless beef pot roast
- 4 frozen unbaked puff pastry shells
- 8 oz. baby carrots
- 8 oz. sliced fresh mushrooms (about 2 1/2 cups)
- 1/2 cup burgundy or other dry red wine
- 1/2 tsp. leaf thyme, crushed
- 1/4 tsp. pepper

Prepare pastry shells according to package directions.

Remove pot roast from package and transfer liquid from package to Dutch oven. Cut pot roast in 1-inch pieces.

Add carrots, mushrooms, wine, thyme and pepper to liquid. Bring to boil.

Reduce heat to medium-low. Simmer 7 to 8 minutes, stirring occasionally, until vegetables are tender.

Add beef. Cook until beef is heated through.

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Silver Bells and A Beau
- 12:00 p.m. - 12:45 p.m.
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KTRS 550 Morning Drive
- 12:50 - 1:45 p.m.
Bob Ellison & Charlotte Hart
- 1:50 p.m. - 2:45 p.m.
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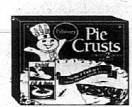


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Today's Food

Time waits for no man or mushroom recipe

All-in-one dishes pack efficiency and economy into a meal. Add a portion that can be used the next day for a "new" meal and the results are pure gold.

This one starts with thin pork chops. Add Tex-Mex seasonings and fresh mushrooms and onion to serve over hot rice and everyone has a bowl of full-bodied flavor.

The well-seasoned extras then are combined with beans and corn, with a peppery portion of salsa for fresh flavor. This second meal with gusto falls into the chili spectrum.

Mr. Food and the Mushroom Council are holding a "Make Room for Mushrooms" Recipe Contest, with entries due Nov. 1.

Recipe entries must be main dishes and contain at least 4 ounces of white mushrooms per serving. They should be quick to make, taking no more than 30 minutes to prepare and containing no more than 8 ingredients, including water, salt and pepper. They can contain meat, fish or poultry or be meatless. Recipes will be judged on originality, taste and appearance. Top prize is \$1,500.

Any number of recipes can be submitted, but each

should be printed clearly or typed on a separate sheet of paper. Write name, address and phone number at the top of each recipe.

Mail entries to Mr. Food's Contest, P.O. Box 9227, Coral Springs, Fla. 33075-9227; or fax entries to (212) 254-2452, or e-mail recipes to lanshrooms@aol.com.

TEX-MEX PORK AND MUSHROOM SKILLET

- 1 pkg. (1.25 oz.) taco seasoning mix
- 1½ lb. (½ inch thick) boneless pork chops, quartered
- 2 tbsp. oil
- 1 lb. fresh mushrooms, thickly sliced (about 6 cups)
- 1½ cups chopped onion
- 1 can (28 oz.) crushed tomato in puree
- 1 can (4.5 oz.) chopped green chilies
- ½ tsp. sugar
- Steamed rice

Place all but 1 tablespoon taco seasoning in a 1-quart resealable plastic bag. Add pork, a few pieces at a time, sealing bag at a time, shaking until well coated. In large skillet over

medium-high heat, cook half the pork at a time, turning often, about 4 minutes until browned. Add mushrooms and onion. Cook, stirring often, about 5 minutes until tender.

Stir in tomatoes, green chilies, sugar and reserved taco seasoning mix. Bring to boil. Return pork to skillet. Reduce heat. Simmer about 10 minutes.

Serve half the mixture over steamed rice and reserve remainder for Pork and Mushroom Chili. Yields 4 servings.

PORK AND MUSHROOM CHILI

- Reserved Pork and Mushroom Skillet
- 1 can (16 oz.) kidney beans, rinsed, drained
- 1 cup prepared salsa
- ½ cup kernel corn
- Cooked pasta and shredded cheddar cheese, if desired

Cut pork from reserved Pork and Mushroom Skillet into small pieces. In skillet, combine pork and mushroom mixture with beans, salsa and corn. Simmer, covered, about 10 minutes until hot.



Transform cooked pork and mushrooms into zesty Pork and Mushroom Chili — but don't let anyone know it is made with last night's dinner extras.

Homemade muesli gains fast toehold on morning

By Dana Jacobi
Correspondent

Developing a new recipe is an adventure. There is a destination and a probable route, but the path to success takes unexpected turns.

One of the most challenging recipes I ever created was a granola. I would not settle for anything less than the best. Getting it perfectly chewy, crisp and crumbly took 23 batches.

I gained about five pounds from the project, but that is not the only reason I gave up granola. Homemade granola can be as full of fat and sugar as commercially prepared brands. Even when its fat comes naturally from nuts and seeds, it is still too rich.

Likewise, sweeteners — even when it is natural maple syrup or honey — provide mostly empty calories.

There is another route to enjoying the type of appeal that granola's blend of grains, fruit and nuts offers, while controlling calories.

Muesli is a refreshing breakfast alternative. Invented by Dr. Bircher-Benner, a Swiss nutritionist in the late 1800s, muesli has a much longer history than granola, which evolved from the popular snack foods called trail mix and gorp in the '60s.

While granola is baked, muesli is an uncooked blend of grains, usually rolled oats, dried fruit, seeds and nuts. Just before serving, fresh fruit is added to the dry mixture.

Typically, muesli soaks overnight in milk, fruit juice or water.

In the morning, freshly shredded apple or a handful of berries goes into the mix. Many add plain yogurt, too.

The creamy grains, still-crunchy nuts, chewy dried fruit and succulent fresh fruit create a naturally-sweet, satisfying combination.

Muesli adapts nicely to the seasons. Peaches go in until apples take over.

During the winter,

chopped pear and halved seedless grapes are juicy additions that are readily available.

A week's supply of dry muesli can be stored in an airtight container.

The cereal can be soaked overnight, if desired. Personally, before jumping into my morning shower, I often measure out a portion of the dry mix and add milk or juice.

By the time I am ready for breakfast, the muesli is just right.

Dana Jacobi — author of "Best of Claypot" and "The Natural Kitchen: Soy!" — submits this material for the American Institute for Cancer Research in Washington, D.C.

MORNING MUESLI

- 1 cup uncooked rolled oats (not quick or instant)

- ½ cup chopped dried apricots
- 2 tbsp. currants
- 2 tbsp. sunflower seeds
- 2 tbsp. toasted wheat germ
- 1 peach, pitted, chopped (or apple or pear)
- ½ cup fat-free yogurt
- Pinch salt, if desired

In medium bowl, combine oats, apricot, currants, sunflower seeds and wheat germ. Let sit, covered, overnight.

Creamy (European-style) muesli: Gently combine dry grain mixture with peach, yogurt and salt the night before serving.

Cover and refrigerate. Cereal keeps 2 days.

Slightly crunchy muesli: Add fresh fruit and yogurt to grain 15 to 30 minutes before serving.

Makes 2 servings, 351 calories and 8 g fat each.

Oh, those achy, breaky joints.

Pain, inflammation, brittle bones, degeneration of the joints. Sound familiar? These are just a few of the symptoms associated with joint diseases such as arthritis and osteoporosis.

Achy, Breaky Joints is a community education program that will give you an opportunity to have your questions answered about osteoporosis, arthritis and other related joint diseases. If you're concerned about your inability to do certain everyday activities or you haven't been able to exercise because of joint pain come to this program. **It just might help improve the quality of your life.**

Speakers:

- Donald Serot, MD, Orthopedic Surgeon
- Judith Wuller, MD, Internist
- Don Courtial, PT, Director, Rehab Services
- Cathy Mitchell, PT, Physical Therapist
- Debi Schneider, PT, Physical Therapist
- Jodee LeVin, RD, LD, Clinical Dietitian
- Lucy Kreh, OT, Occupational Therapist

Date, Time and Place:
Wednesday, November 4, 1998

7 to 9 p.m.

Memorial Hospital Auditorium
Belleville, Illinois

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91 Olds Cutlass SL, 4 Dr., Loaded	\$4,995	92 Ford Explorer, Leather, Loaded, 4 Dr.	\$9,975
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95 Chevy Monte Carlo Z34, Loaded	\$10,400	85 GMC 3/4 Ton Conversion Van, Loaded	\$4,995
93 Chevy Lumina, 4 Dr., Tilt, Cruise	\$6,995	93 Chevy Cavalier, 4 Dr., RS, Auto, Tilt, Cruise	\$3,095
93 Ford Escort Wagon, Auto, Air	\$6,995	83 Olds Cutlass Supreme, Tilt, A/C	\$1,990
85 Pontiac Trans Am, 61000 Miles	\$4,995	85 Olds Toronado, A/C, Auto	\$3,995
94 Chevy Lumina, 4 Dr., Tilt, Cruise	\$5,995	93 Nissan, High Boy 4x4, 5 Speed	\$6,495
90 Ford Mustang Convertible, Turbo	\$3,995	89 Chevy Cavalier, 4 Dr., RS, Tilt, Cruise	\$2,495
92 Buick LeSabre, 4 Dr., Tilt, Cruise, P. Seat	\$14,450	89 Chevy Cavalier, 4 Dr., Auto, Tilt	\$2,995
91 Chevy Lumina Euro, 2 Dr., Red, Loaded	\$4,995	90 Sunbelt Convertible GT, Auto, Air, Turbo	\$4,775
88 Olds TriStar, 2 Dr., Coupe, Race Car	\$3,595	86 Nissan Maxima, Sunroof, A/C, Auto	\$2,475
93 Pontiac Grand Am, 2 Dr., Tilt, Cruise, Auto	\$6,995	93 Jeep Hard Top, 5-Speed	\$4,975
88 Olds Cutlass, 4 Dr., Auto, Air	\$1,995	89 Silverado, Very Nice, A/C, Tilt & Cruise	\$6,990
88 Chevy Corsica, Auto, Air, Tilt, Cruise, Low Miles	\$3,880	76 3/4 Chevrolet, 350 Auto	\$1,750
90 Chevy Cavalier, 4 Dr., Auto, Air	\$3,295	88 S-10, Auto, V6, Camper/Shell	\$2,625
89 Chevy Cavalier, 4 Dr., RS, Tilt, Cruise, A/C	\$2,495	84 S-10 Blazer 4x4, V6, 5-Speed	\$2,920
93 Geo Metro, 2 Dr., A/C	\$1,995	87 Buick Regal, 2 Dr., Very Clean	\$1,690
92 GMC Sonoma Ext. Cab, Loaded	\$5,585	88 Jeep Cherokee Pioneer, A/C, Stereo, 5 Speed	\$2,990
94 Ford F150, 5 Cyl., Air, Auto	\$9,595	92 Olds Cutlass Supreme, Red, 4 Dr., Loaded	\$4,950

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Int-rim.
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16 oz. Loaf
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White Bread**
25¢



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Boneless Chuck Steaks
\$1.28 lb.

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**Boneless
Chuck
Roasts**
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**Flu Shots
\$10.00**

**Saturday,
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11 am till 3 pm
All Locations**

**Pneumonia
Shots
\$25.00**

Limit 4 with \$10 additional purchase
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Sold as roasts only — Limit 3 with additional \$10 purchase excluding liquor & tobacco

REAL VALUES — LOWER EVERYDAY PRICES GUARANTEED!

175 ct.
**Puffs
Facial Tissue**
99¢

1 roll
**Coronet
Print
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One dozen
"Grade A" Large
**Best Choice
Eggs**
77¢

8.75 to 11 oz.
Selected Varieties
**Banquet
Dinners**
89¢

**Golden Ripe
Bananas**
3/99¢
lb.

5 lb. All purpose
**Gold Medal
Flour**
99¢

4 roll
**Angel Soft
Bath Tissue**
88¢

24-12 oz. Cube
Assorted Varieties
**Pepsi-
Cola**
4.88
2 Liter Pepsi 88¢
Limit 6
Limit 2 with \$10 addi-
tional purchase excluding
liquor & tobacco

Real Values Produce		Real Values Meat	
4/\$1	98¢ lb.	2/\$1	98¢
10/298 lb. bag	68¢ lb.	1.68	1.18
10/198 ct. bag	88¢ each	1.68	2.48
Real Values Dairy & Frozen		Real Values Grocery	
1.99	3.99	1.79	99¢
88¢	20% off	2/\$5	1.99
69¢	2/\$4	1.99	2.99
1.99	1.19	1.99	99¢
2/\$1	2/3.95	88¢	1.49
2/99¢	20% off	4/\$1	4/\$1

Cash for
For every case of Dr. Pepper, Diet Dr. Pepper and Caffeine Free Diet Dr. Pepper sold in October, 10¢ will be donated to Variety Club's Cash for Kids.
12-12 oz. cans Reg. & Diet 7up, Dr. Pepper, Sunny Delight **3.09**
12-12 oz. cans Reg. & Diet Squirt, A&W Root Beer, Sunkist **2.79**

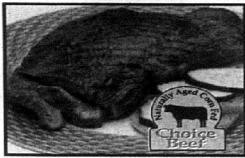
UNIVERSITY CITY 8000 OLIVE STREET, HOURS MON-SAT 7:00 AM-9:30 PM, SUN 8:00 AM-9:00 PM
JENNINGS 8965 JENNINGS ROAD, RIVER RIDGE SHOPPING CENTER, HOURS MON-SAT 7:00 AM-9:30 PM, SUN 8:00 AM-9:00 PM
MADISON 1127 MADISON AVENUE, HOURS MON-SAT 8:00 AM-9:00 PM, SUN 8:30 AM-7:00 PM
HIGH RIDGE 6713 HIGH RIDGE BLVD & HWY 26, HOURS MON-SAT 7:00 AM-9:30 PM, SUN 8:00 AM-9:00 PM

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USDA CHOICE CORN FED BEEF
**Boneless
Charcoal Steak**

179
lb.

FRESH PICNIC STYLE
**Pork
Shoulder Roast** 57¢
lb.

FIELD, WHOLE
**Kentuckian
Boneless Ham** 199
lb.

ALL VARIETIES
**R.B. Rice
Pork Sausage** 2/\$3
1.5 LB. PKG.

ALL MEAT
**Hunter
Hot Dogs** 79¢
1/2 LB. PKG.

SLICED
**Hunter
Bacon** 179
1 LB. PKG.



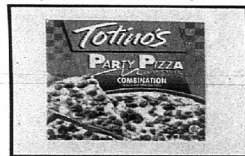
24-CAN CASE
**Pepsi, Diet Pepsi
or Mountain Dew**

488
24/12-OZ. CANS

ASSORTED VARIETIES
**Seven Seas
Salad Dressing** 2/\$3
16 OZ. BTL.

**Kraft
Miracle Whip** 459
16 OZ. BTL.

ASSORTED VARIETIES
**Maxwell House
Coffee** 597
12 OZ. CAN



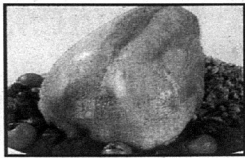
ASSORTED VARIETIES
**Totino's
Party Pizza**

98¢
9.8-10.9 OZ. PKG.

STUFFED NACHOS OR
**Totino's
Pizza Rolls** 98¢
1/2 LB.

ASSORTED VARIETIES
**Mama Celeste
Pizza** 2/899
16 OZ. BTL.

FROZEN CONCENTRATED
**Awake
Orange Drink** 3/\$1
1.5 LB. PKG.



5-7 LB. AVG.
**Jennie-O
Turkey Breast**

97¢
lb.

FAMILY PACK
**Pork
Cutlets** 199
lb.

**Louis Rich
Ground Turkey** 99¢
1.5 LB. PKG.

QUICK N EASY
**Chef's Choice
Entrees** 499
1.5 LB. PKG.

ORIGINAL ITALIAN OR BEER
**Johnstonville
Bratwurst** 299
1 LB. PKG.

BAKERY DEPARTMENT
**Hamburger or
Hot Dog Buns** 99¢
1/2 LB. PKG.



12/12-OZ. CANS, SPRITE
**Coca-Cola Classic
or Diet Coke**

2/488
12/12-OZ. CANS

SHOP 'N SAVE
**White Sandwich
Bread** 99¢
1 LB. PKG.

**Pevely Swiss
Chocolate Milk** 189
1/2 GALLON

14.5 OZ. HONEYCOMBS OR
15.7 OZ. WAFFLE CRISP
**Post
Cereal** 2/\$4



SELECTED VARIETIES
**Progresso Healthy
Choice Soup**

99¢
18-OZ. CAN

ASSORTED FLAVORS
**Prairie Farms
Ice Cream** 3/699
1/2 GALLON

ASSORTED CURDS
**Prairie Farms
Cottage Cheese** 2/\$3
1/2 GALLON

**Tampico
Citrus Punch** 99¢
GALLON



LEAN MEATY
**Fresh Pork
Spareribs**

97¢
lb.

LIMIT 3 PEGS. WITH ADDITIONAL \$10.00 PURCHASE
USDA CHOICE CORN FED BEEF
**Boneless Beef
Shoulder Roast** 159
lb.

DELI DEPARTMENT
REGULAR OR SMOKED
**Jennie-O
Turkey Breast** 299
lb.

DELI DEPARTMENT, ITALIAN BEEF,
CORNED BEEF, PASTRAMI OR
**Manda
Roast Beef** 399
lb.

DELI DEPARTMENT
**Breaded Ravioli
& Sauce** 399
lb.

BAKERY DEPARTMENT
ASSORTED VARIETIES
**Meringue
Pies** 2/\$7
1/2 LB. PKG.



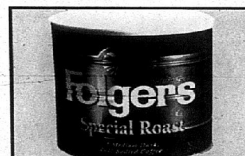
**Shop 'n Save
Fat Free Skim Milk**

199
GALLON

CHILLED
**Shop 'n Save
Orange Juice** 199
GALLON

ASSORTED VARIETIES
REFRIGERATED
NEW YORK STYLE
Lender's Bagels 98¢
1 DOZEN

**Shop 'n Save
Sour Cream** 88¢
1/2 GALLON



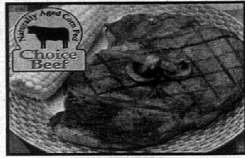
**Folger's Special
Roast Coffee**

495
34.5-OZ. CAN

ASSORTED VARIETIES
**Micheline's
Entrees** 5/499
1/2 LB.

ASSORTED VARIETIES
**Luigi's
Italian Ice** 2/295
1/2 GALLON

ROMANO OR BUTTER FLAVOR
**Cole's
Garlic Bread** 2/\$3
1/2 LB. PKG.



USDA CHOICE CORN FED BEEF
**Boneless
Sirloin Steak**

199
lb.

SEAFOOD DEPARTMENT
70-90 COUNT
**Tail-on Cooked
Cocktail Shrimp** 599
lb.

SEAFOOD DEPARTMENT
MILD FLAVOR
**Jumbo
Cod Fillets** 399
lb.

SEAFOOD DEPARTMENT
FRESH DAILY
**Rainbow
Trout** 299
lb.

SEAFOOD DEPARTMENT
**Cold Water
Bay Scallops** 399
lb.

BAKERY DEPARTMENT
FRESH DAILY
**Sourdough or
Italian Bread** 99¢
1/2 LB. PKG.



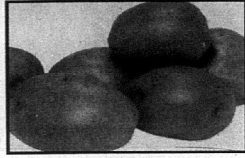
ASSORTED VARIETIES
**Nabisco
Oreo Cookies**

3/598
20-OZ. PKG.

14.5 OZ. RICE KRISPIE
TREATS OR
15 OZ. CORN POPS
Kellogg's Cereal 2/398

ASSORTED VARIETIES
**Keebler Chips
Deluxe Cookies** 2/395
16 OZ. BTL.

ASSORTED VARIETIES
**Townhouse
Crackers** 228
14.5 OZ. BTL.



U.S. NO. 1
**Red
Potatoes**

198
10 POUND BAG

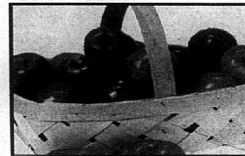
48-COUNT SIZE
**Florida
Red Grapefruit** 4/98

**Dole Peeled
Baby Carrots** 98¢
1 LB.

88 COUNT OR 113 COUNT SIZE
WASHINGTON STATE
**Golden
Delicious Apples** 78¢
1 LB.

CALIFORNIA
Onions 3/98
1/2 GALLON

**Golden Crown
Apple Cider** 198
GALLON



MISSOURI
**Jonathan
Apples**

98¢
3-LB. BAG

ORIGINAL OR NATURAL
**Shop 'n Save
Applesauce** 149
8 OZ. BTL.

POWDERED OR BROWN SUGAR
**Shop 'n Save
Sugar** 95¢
1/2 GALLON

**Shop 'n Save
Lasagna Noodles** 99¢
1/2 GALLON



WHILE SUPPLY LASTS
**Suave
Lotion**

69¢
10-OZ. BTL.

**Colgate Total
Toothpaste** 219
6 OZ. PKG.

SURE OR SECRET SOLID OR
SOLID OR SECRET
**Old Spice
Deodorant** 3/399
1/2 GALLON

PRO V CONDITIONER OR
**Pantene
Shampoo** 2/\$5
1/2 GALLON

**Zantac 75mg
Tablets** 299
10 OZ. PKG.

3.5 OZ. PUMP OR
3.5 OZ. TUBE
**Mentadent
Toothpaste** 2/\$5

**Northern Light
Canadian** 999
1.75-LB. BTL.

**TOTAL
VALUE**

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10141A

Mercury aims Cougar at young buyers

By Tom Strongman

Engine: New 2.5-liter, V-6
Transmission: Automatic
Wheelbase: 106.4 inches
Curb Weight: 3,084 pounds
Base Price: \$16,695
Price as Driven: \$22,310
MPG Estimate: 20 city, 29 highway

The base model has a 2.0-liter, 125-horsepower, four-cylinder engine, while the V-6 version uses the 2.5-liter Duratec with 170 horsepower. Our test car was a loaded V-6, complete with side air bags, power sun roof and a sticker price of \$22,310.

In many ways, this new, small Cougar built on the 106.4-inch wheelbase of the Contour/Mystique, fills the void left by the discontinued Ford Probe. Designed in Europe, it sports "New Edge" styling.



defined by Ford Motor Co. as smooth, aerodynamic surfaces punctuated with "clean folds and crisp intersections."

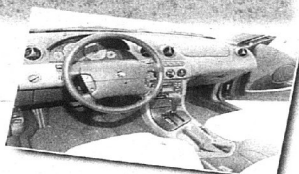
The Cougar catches your eye with its cat-like face, plastic headlight bubbles and attention to detail. Surface delineations, such as the wide swoosh that arcs across the rear wheel and curves into the bumper, give the car a visual presence that suggests muscularity and action.

The Duratec V-6 is a high-revving, high-energy power plant that goes about its business with enthusiasm. A five-speed manual gearbox is standard, and driving enthusiasts will make it their choice, but our test car was equipped with the automatic that will be chosen by the majority of buyers. This transmission makes for effortless city driving and has a handy button on the shift lever for shifting out of overdrive for hills or passing.

In the sport coupe recipe, handling is a key ingredient, and Ford ladled a healthy dollop of sport behavior into this one. Sixteen-inch alloy wheels, standard with the V-6, are fitted with performance tires that grip tightly but create a ride harshness not felt in the Contour SVT. Steering response is quick and linear. Whip into a turn and the body sits flat. Change lanes and it responds like a gazelle.

The interior styling is almost as unique as the exterior. The door pulls are large, curved arcs that blend with the dash. The instrument panel is a mixture of textures, some of which are smooth and shiny, almost like an appliance. I see other textures like this in new European cars, but I prefer a softer, more inviting look.

In addition to the standard dual air bags, side air bags built into the seats are optional, and our test car was so



equipped. Ford says these bags are designed to cushion both the head and chest.

The light gray faces and white numerals on gauges can be hard to read in some low-light conditions, and their faces catch reflections on sunny days. At night, however, the faces darken and are easy to read.

Our test car's front seats were sharply contoured to hold the driver and passenger in place and were quite comfortable. The split-folding back seat is deeply sculpted and would be suitable only for youngsters.

The new Cougar is an important step in attracting new buyers to the Mercury brand. Now that its corporate headquarters are in California, look for other lively products from a company that is learning how to think new.

The base price of our test car was \$16,695. It was equipped with automatic transmission, fog lamps, leather-wrapped steering wheel, cruise control, air conditioning, AM/FM stereo, anti-lock brakes, traction control, power sun roof, power driver's seat, 16-inch aluminum wheels, side air bags and deck lid spoiler.

The sticker price was \$22,310.
The standard warranty is for three years or 36,000 miles.

Points & Plugs

Lots of automotive batteries were sold in '97

By Rick Stoff

Get a charge out of this: There were 59.9 million automotive batteries worth \$1.9 billion sold last year in the U.S. The market research firm Frost & Sullivan says there are only a dozen manufacturers filling our need for batteries, and the market is dominated by just four of them.

If you really need to know more about the battery business, Frost & Sullivan has published a study titled "U.S. Automotive Battery Aftermarket" that is available for \$2,950. You can look the company up at www.frost.com.

On the subject of electrical firepower, is all of it really necessary? Are fog lights ever needed on clear, moonlit nights?

Driving back to St. Louis from northern Illinois on Labor Day Eve, we couldn't help but notice all of the cars, trucks and (especially) sport-utility vehicles blinding everyone else on the road with their fog lights. Not having anything else to look at while driving through the Illinois plains, we began counting the

The total for a 100-mile stretch of Interstate 57: 153 vehicles with both headlights and fog lights blasting holes in the darkness.

A Chinese company has announced plans to introduce a nearly all-plastic car in January. The body will consist of 11 pieces bonded with adhesives.

The car will contain 1,200 pounds of plastic and weigh 1,600 to 1,800 pounds total. A comparable and current car of the same size would weigh about 2,000 pounds. A number of U.S. plastics companies are supporting the project.

Participants in the project told Automotive News magazine the whole plastic car could be manufactured from ceramic molds costing about \$80,000. Using current technology, an American automaker must spend about \$500,000 to make the tooling for one bumper fascia.

A photo in the magazine showed a prototype chassis consisting of plastic components reinforced by what appears to be a very high-tech sheet of plywood.

Ever get into the back seat of a car and wonder who the designers were thinking of when they left a whopping 6 or 8 inches of leg room between the front and rear seats? The designers soon will have better information on which to base their designs.

The Civilian American and European Surface Anthropometric Resource will gather three-dimensional laser maps of 10,000 volunteers to provide real-life data for people designing everything from military weapons to airplanes.

The U.S. government and NATO are paying for most of the \$1 billion project, but 21 private companies have contributed \$40,000 each so they can be part of the work. Eight of the 21 companies do work in the automotive industry.

Data will be collected on volunteers across the U.S., in the Netherlands — where people tend to be very tall — and in Italy, where people tend to be very short. The data are expected to show the average person has grown about half an inch since the 1950s. And become much, much heavier.

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<p>FREE</p> <p>14 POINT VEHICLE INSPECTION</p> <p><small>Coupon Expires October 31, 1998</small></p>	<p>Tune up Special</p> <ul style="list-style-type: none"> • New Spark Plugs • New PCV Valve • Check Computer System • Perform Emission Test • V8 & V8 slightly higher • Filters extra <p>\$59⁹⁵</p> <p><small>Coupon Expires October 31, 1998</small></p>

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SALES MANAGER
Put your sales and management skills to work for you at North America's largest group of community newspapers, the Suburban Journals. We are in need of a manager to oversee a sales staff of 12, including both inside and outside sales representatives.
Sales experience is a must. Management experience is preferred. Newspaper background helpful. We are looking for a highly-motivated sales manager to lead this already successful sales staff to a new level of achievement through implementation of new sales strategies, positive motivation, sales training and additional staffing.
We offer an excellent compensation structure with base + commission + bonus. Benefits include paid training, paid sick days, holidays and vacation; your choice of 3 health plans, and a 401(k) program. We are conveniently located at Manchester & 270 in West County.
If you have a proven track record of goal achievement in sales and are interested in a career with a company with 75 years of success in this market, please send your resume to: **HR-SALES MANAGEMENT, 1714 Deer Tracks Trail, St. Louis, MO, 63131.**

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Established logistics co. seeks owner operators for growing division. We offer excellent pay, 85% of revenue. Incredible freight system allows you to run areas you choose. Flexible dispatch lets you run when you want and as much as you want. To learn more about this exciting opportunity, call Doug Watkins at 978-2587 or 800-394-3861.

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FLORIST/WHOLESALE Entry level positions in sales and customer entry. Please apply in person at 2721 Laclette St. St. Louis, MO. Interview on Tuesday and Friday.

320 HELP WANTED
Grandpa's is Hiring Through Osteen Staffing!
Ticketing Merchandise \$5.15/hr
• Convenient location close to home
• Weekly paycheck delivered
Osteen will be taking applications on site at:
801 Collinsville Rd. In E. St. Louis (middle door of white building across from Cahokia Mounds entrance).
Thursday, Oct. 15 9am to 12pm or call Osteen Downtown at 314-421-3558 for details!
Never a fee EOE M/F/D/V

320 HELP WANTED
IMMEDIATE OPENINGS
NATIONAL CAR RENTAL has the following positions at its 6000 National Bridge location.
RENTAL RETURNS AGENTS: Strong sales and customer service abilities or retail experience a must.
BUS DRIVERS: to provide safe and friendly transportation to customers from our facilities. Chauffeur license preferred.
AUTOMOTIVE SERVICE ADVISORS: to provide quality service and cleaning to our customers.
We offer competitive pay and excellent benefits. Must be flexible to work various shifts including nights, weekends and holidays. If you are interested in one of the above positions, please pick up an application at National Car Rental, 6000 National Bridge, St. Louis, MO 63110. We have a pre-employment drug and alcohol testing program. EOE

320 HELP WANTED
HAWKER PROGRAM
The Press Record has openings available for Street Hawkers to sell papers on Thursdays & Fridays each week. Selling is from 8am to 5pm. Good earnings. Interested people should call Rick or John at 877-7000.

HELP WANTED: Barndale photo competitive pay, health benefits and vacation package. Safe environment. Apply in person. Knights of Columbus 4225 Old Alton Road.

HELP WANTED: Full-time secretary for small computer law firm. Good typing & telephone skills. Please send resume including references to: P.O. Box 607, Collinsville, IL 62234.

GENERAL: NOW HIRING ALL POSITIONS: delivery drivers, evenings/days. Will train. Salary: \$6.00/hr.

GOLF COURSE SEEKING: experienced individuals with a S.A.S.E. to National Home Owners Association. Send resume to: 4535 Clayton Ave. St. Louis, MO 63110. Fax: (314) 362-2228. Jobline: (314) 863-1035. 800-721-9000. www.bjc.com

320 HELP WANTED
INDUSTRIAL SERVICE COMPANY is seeking a qualified person to fill operator, supervisor, and maintenance positions. Must be mechanically inclined, have strong verbal and written communication skills, able to travel, and have a valid driver's license. CDL, a drug test, and background check are required. Salary: \$15.00 per hour. 800-855-5045.

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The Information Systems Department of Health Services is currently seeking a position. Right to hire. Computer Operator to work 30 hours per week. Info Systems.

Responsibilities include operating and monitoring the computer processor and their peripherals. An Allen Memorial Hospital.

Qualifications include a High School diploma plus specialized training in Computer Operations. Selected candidate must have a minimum of 2 years experience in a similar position. 1-3 years experience with Microsoft Office, Word, Excel, and Outlook. Send resume and cover letter to: 4535 Clayton Ave. St. Louis, MO 63110. Fax: (314) 362-2228. Jobline: (314) 863-1035. 800-721-9000. www.bjc.com

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North America's largest group of community newspapers, the Suburban Journals has the following openings in our Sales & Marketing Department.
Inside Sales Representative
Full or Part Time
Part Time day & evening schedules available.
Entry to Senior Level
Must type 40 wpm, have excellent customer service, spelling & proofreading skills; and be a positively motivated team player.
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Inside Sales Candidates only may call our jobline at 314-822-2242, Ext. 367. Please leave a detailed voice resume including daytime phone number.

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North America's largest group of community newspapers, the Suburban Journals, has the following openings in our Sales & Marketing Department.
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Must have sales experience and/or college degree, strong presentation skills and be a team player with a positive attitude.
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ONE ROOM EFFICIENCY. Pri-
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1BEDROOM. Sewer, water,
trash paid. No Pets. \$51.9228

2601 APTS./FLATS UNFURNISHED

2bdrm apt. Unfurnished
upstairs. \$225mo. 931-5270.
474-1566 pager.

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2500 COMMERCIAL PROP. FOR RENT

OFFICE SUITES AVAILABLE.
Granite City area. 700 to 800
sq.ft. Excellent location. Call
618-451-0362.

2601 APARTMENTS/ FLATS FURNISHED

ONE ROOM EFFICIENCY. Pri-
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GOLD 97% PROGRAM
0% of borrower own funds required
Call for more information

Century 21 Bailey & Co.
877-7653 451-7653 659-0212
2126 Pontoon Rd.
POWER PRODUCER

Top Producer for September
Chuck Osburn
Congratulations!

NEW LISTING - Nice 3 BR home conveniently located. Covered front porch & patio. \$401. **ESCAPE TO THE QUIET SETTING** of this luxury cedar home. Over 2 acres backing to wooded lot just minutes from 255 & 270. Vaulted ceilings, stone fireplace screened in patio & sun room. Must See! \$100's. C2146.

GREAT NEIGHBORHOOD - 3 BR brick w/family room in finished bsmt, remodeled kitchen & bath, att garage & privacy fence. \$60's. C2127.

YOUR OFFER WILL PROBABLY BE ACCEPTED. Owner had to move & needs a quick sale! Quiet neighborhood, corner lot, full bsmt, att garage & covered patio. \$40's. C2119.

BLDG LOT - close to Wilson Park - start planning your new home. **DESIRABLE AREA - maintenance** free vinyl siding, full bsmt w/ 23-19 family room & extra BR, covered patio, fenced yard & det. gar.

560's. C2124
OPPORTUNITY IS KNOCKING - 2 BR BRICK BLEVEL - w/ fire place in family room w/berber carpet, lots of BR's in kitchen, att gar, deck & fenced yard. \$70's. C2175.

ON THE LAKE - 2 story brick & frame, 3 BRs, formal DR, w/ fire place, fam rm, 2 car gar. Low \$100's. C2193.

WALLET PLEASER - vinyl clad exterior, bsmt, newer furnace, pool, privacy fenced. \$30's. C2195.

NEEDS SOME TLC - 1 1/2 story, 4 BRs, full bsmt, corner lot. \$30's. C2197.

ALARMING 1 1/2 STORY - full bsmt, fenced backyard. Seller offering Home Warranty. \$30's. C2187.

Giving You The Quality Service You Deserve

Bobbie Bailey.....782-0700
Monika Andrews.....831-5355
Sandra Bauden.....782-8930
Jerry Busman.....782-7777
Tommy Brown.....782-8584
Chuck Osburn.....782-0632

Marian Cavins.....876-5170
Gary Hansen.....782-0892
John Jaro.....782-8932
Tina Stanley.....782-4300
Evelyn Wiebusch.....782-7057

Trish Higby.....452-9105
Debbie Sandberg.....782-7951
Trish Stanley.....782-4300
Evelyn Wiebusch.....782-7057

EACH OFFICE IS INDEPENDENTLY OWNED AND OPERATED

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Classifieds Get Results

IN THE CIRCUIT COURT
THIRD JUDICIAL CIRCUIT
MADISON COUNTY, ILLINOIS

MAKINA BANK, N.A., successor by merger of First National Bank in Madison, Plaintiff,
vs.
RHONDA HOGAN; KELLY HOGAN, individually and as executor of the Estate of Donna Hogan; and NONRECOGNIZING CLAIMANTS, Defendants.

SHORT FORM
NOTICE OF PENDING SALE

PUBLIC NOTICE is hereby given that, pursuant to a judgment of the Court entered in the above entitled cause on August 25, 1998, the property hereinafter described will be sold at public sale on the date and at the time place set forth below:

1. The name, address and telephone number of the person to contact for information regarding the property sale.
2. The common address and other common description, if any, of the real estate to be sold:
3. A description of the improvements on the real estate to be sold.
4. The date, time and place of the sale:
5. The terms of the sale:
6. Interested parties are advised to consult the judgment entered in the above entitled cause on August 25, 1998, as amended, by Clerk entered October 2, 1998, for additional information.

Draft: Magna Bank, N.A.
Ph: David Antonelli, 821-2292
One of its Attorneys

David Antonelli, 821-2292
HOPKINS GOLDEN, 821-2292
C/O to the Clerk of the Court
Grain City, IL 62040
1919 1977 Street
Attorney for Plaintiff
State Bar No. 001, 1021, 1027, 1028

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Landmark Realty, Inc.
3226 Nemeoki Road
Granite City, IL 62040
876-5110 - 800-515-3401.
3045 Godfrey Road
Godfrey, IL 62035
666-1513.
1324 Troy Road
Edwardsville, IL 62025
656-9011 - 800-882-3934.
550 Airport Plaza
Bethalto, IL 62010
377-2112.

AGENT OF THE WEEK

GRANITE CITY

RESIDENTIAL LISTINGS

Open 13
Mint condition Vinyl clad 2 bed-room home near park. Like new w/ carpeting. Full family room and dining room, full basement and 1 1/2 car attached garage. Step by our open house and see this charmer for yourself.
2586 Grand - Houses: John Mathenia

Open 2-4
New listing! 3 bedroom ranch with dining room, all new windows, new roof, new furnace and air, and more. All approx. 2 1/2 yr. old. Stop by our open house and see for yourself.
3000 Ash - Houses: New Lucas

NEW LISTINGS
Just Listed: Nice large lot with some trees in quiet neighborhood outside of town. Only \$15,090. LG246.

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